TAUNTON'S NOVEMBER 1997 NO. 23

W H O

LOVE

TO

COOK

PEOPLE

FOR

A Casual Bistro Menu

Roasting Savory Stuffed Vegetables

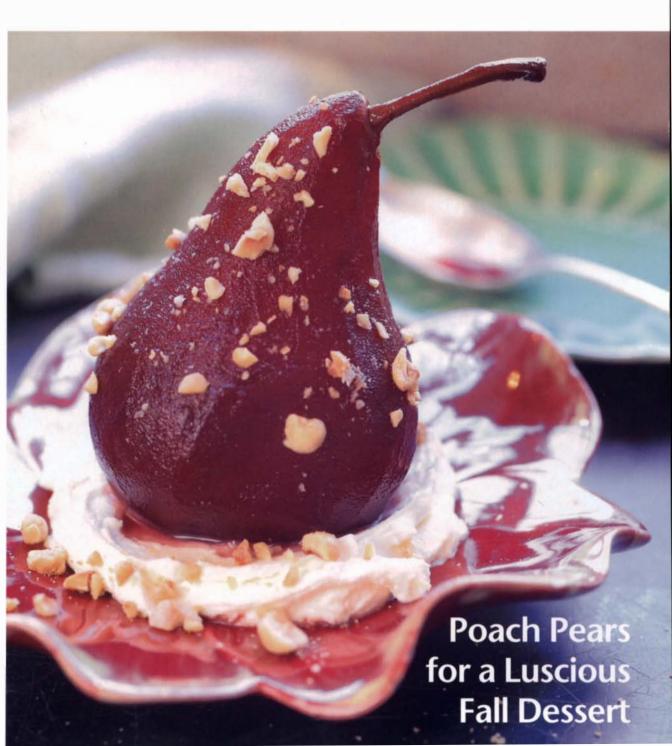
The Creamiest Macaroni and Cheese

Making True Mexican *Mole*

The Best Bread-Baking Equipment

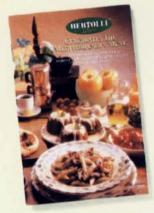
Spicy, Moist Gingerbread





Penne d'Allessandria MADE BETTER BY BERTOLLI.





RECIPE BOOK OFFER! To get your Bertolli Olive Oil Recipe Book containing 25 delicious recipes and money-

Recipe Book containing 25 delicious recipes and money-saving coupons, send \$2.00, check or money order, for postage and handling to: Bertolli Nutrition Center, P.O. Box 555FC, Gibbstown, NJ 08027.

Asplash of Bertolli transforms everyday foods into elegant meals. And extravagant fare into truly inspirational dishes.

And since olive oil has no cholesterol, you can enjoy the unique flavor of Bertolli everyday.

No wonder, after 130 years, Bertolli is still the best-loved olive oil in Italy, and America.

Penne d'Allessandria

6 red bell peppers, quartered, seeds and stems discarded

6 Tbsp. Berfolii Extra Virgin Olive Oil Salt and freshly ground black pepper 1 lb. large white mushrooms, sliced 1/2 cup packed Italian parsley leaves 1 Tbsp. fresh oregano leaves

- 1 Tbsp. fresh thyme leaves, stripped from stems 2 garlic cloves, coarsely chopped
- 1 lb. Italian sausage, sliced (removed from casings)
- Ib. penne or other tubular pasta shape
 1/4 cup reserved pasta cooking liquid
 Grated Parmigiano-Reggiano, to taste

1. Heat oven to 450°F. Cut pepper quarters into 1/2" thick diagonal pieces. Place in 13x9" baking dish. Drizzle with 3 Tosp. of olive oil; salt, pepper to taste. Bake until peppers are charred on edges and tender, stirring occasionally, 30-40 min. Remove from oven.

2. Finely chop parsiey, oregano, thyme, garlic together; set aside. Heat 3 Tbsp. of oil in large non-stick skillet. Add mushrooms, cook, stirring, over medium high heat until mushrooms are tender and golden brown. Add chopped herb and garlic mixture; saute, stirring, 2 min. Sprinkle with salt, pepper, transfer to side dish. Wipe out skillet.

3. Place sausage into skillet, cook, stirring, over medium high heat, until sausage is browned. Transfer to strainer, drain. To baking dish with roasted peppers, add mushroom mixture and sausage. Cover with foil. Keep warm in oven, set at lowest temperature.

4. Boil large pot of water. Stir in penne, salt, to taste. Cook, stirring frequently, over high heat, until pasta is tender. Ladle out 1/4 cup pasta cooking liquid; reserve. Drain pasta. 5. In large deep platter combine pasta, red pepper, mushroom and sausage mixture. Stir to combine. Add pasta cooking liquid to moisten pasta. Sprinkle with cheese. Serves 4.

Visit us on the web at http://www.bertolli.com

IF YOU WANT IT TO BE BETTER, IT BETTER BE BERTOLLI.



If you want to make your friends' jaws drop, pick up The Other White Meat® for dinner. Then wait and see who's keeping up with whom on helpings. For recipes, send a self-addressed, stamped, business-size envelope to: Recipes Ad, Box 10383, Des Moines, IA 50306. Or visit our Web site at http://www.nppc.org/



Next time you have them over, MAKE the Joneses drool.



CARIBBEAN ROAST PORK LOIN

3-4 lb. boneless pork loin roast

2 t. olive oil

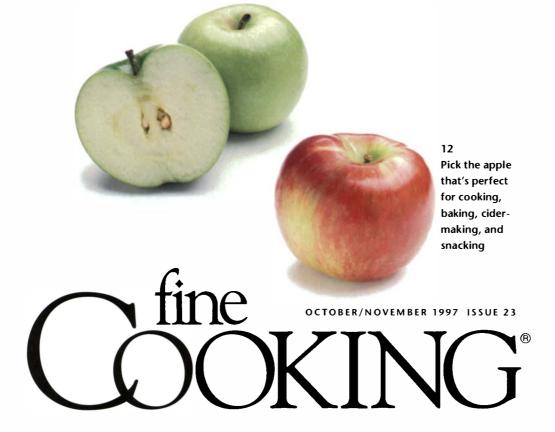
1 T. black pepper

1 t. nutmeg

1 t. cinnamon

Blend oil, pepper, nutmeg and cinnamon in small bowl. Rub mixture onto pork; cover completely. Place pork in shallow pan; roast in 350°F oven for 1-1½ hours or until internal temperature is 155°F. Remove pork from oven; let stand 10 minutes before slicing. Serves 10-12.









DEPARTMENTS

- 6 Letters
- 8 Q&A
- 12 At the Market An apple a day, for cooking, baking, and snacking
- 16 Notes
- 20 **Technique Class** A shortcut to flaky puff pastry
- 24 Kitchens for Cooks Choosing easy-to-use, reliable kitchen faucets
- 28 Tips
- 72 **Basics** Coconut product primer; keeping sauces silky; buttering and flouring pans

- 76 Flavorings Nut oils offer deep, rich flavor in a splash
- 78 Food Science Cooking with cheese so it's creamy and smooth
- 82 **Reviews** The New Making of a Cook
- 87 Holiday Catalogs
- 91 Advertiser Index
- 97 Recipe & Technique Index
- 97 Nutrition Information
- 98 Tidbits
- 100 Artisan Foods Montreal bagels

Get advice from an expert on which equipment—from baking sheets to bannetons—you need to bake good bread



ARTICLES

32 Cooking Casual, Hearty Bistro Fare at Home

by Debra Ponzek

Tender braised lamb, white beans with garlic, and a tangy lemon tart capture the easy charm of a Parisian neighborhood bistro

38 Macaroni and Cheese Can Be Simple or Sophisticated

by Mary Pult & Rebecca Fasten

The keys to this comforting classic are sharp Cheddar and an infused white sauce; blue cheese and a quicker sauce make a zippy variation

42 Make Dinner in a Flash with Quick-Cooking Cutlets

by Josh Eisen

Cut thin and pounded thinner, tender chicken, pork, and veal *paillards* love to soak up flavor from marinades and sauces

46 Baking Crunchy Breadsticks

by Glee Garard Hoonhout

Herbs, cheese, or spices—plus a generous splash of olive oil—make these hand-shaped breadsticks irresistible

49 Choosing Bread-Baking Equipment You'll Really Use

by Maggie Glezer

Get advice from a seasoned baker on equipment that can really make a difference in your baking

54 Stuffing Vegetables For More Flavor in Every Bite

by Gordon Hamersley

Try onions baked with prosciutto, mushrooms brimming with blue cheese, and a new twist on stuffed peppers

58 Treat Yourself to Old-Fashioned Gingerbread

by Barbara Bria Pugliese

With its moist, tender crumb and warming ginger flavor, humble gingerbread satisfies better than more glamorous cakes

60 Master Class: Making an Authentic Mexican Mole

by Rick Bayless

The country's most famous dish blends chiles, spices, nuts, and seeds into a vibrant sauce with intricate flavors—here paired with turkey

66 Pears Add a Luscious, Buttery Touch to Dessert Favorites

by Frank McClelland

A tart, a crisp, a sorbet, and—of course—a poached pear show off the full flavor of this fabulous fall fruit

On the cover: Pears Poached in Port with Mascarpone, "Pears Add a Luscious, Buttery Touch to Dessert Favorites," p. 68.

Cover photo, Ben Fink.

These pages: top left, Scott Phillips; above, Mark Thomas; all others, Ben Fink.



32 Bake a lemon tart with a French accent for a tangy ending to a casual bistro dinner

Here's the place to share your thoughts on our recent articles or on your food and cooking philosophies. Send your comments to Letters, Fine Cooking, PO Box 5506, Newtown, CT 06470-5506, or by e-mail: fc@taunton.com.

Turn fresh mint into sorbets and juleps

Thanks for the article on mint (Fine Cooking #21, p. 80). We had so much left over after our Kentucky Derby party. Here's another idea: mint syrup. Take 1 packed cup mint leaves and bruise them with a wooden spoon; put them in a small canning jar. Bring 1 cup sugar and 1 cup water to a boil. Pour the hot syrup over the leaves and let steep for 1 hour. Strain and refrigerate. It's delicious with tea, for flavoring sorbets, and of course, for making mint juleps.

> —Stephanie Turner Daval, Princeton, NI

Roasted red peppers year-round

In Fine Cooking #19, a reader asked how to preserve large batches of roasted red peppers (p. 10). Your contributing editor Paul Bertolli said he covers them in oil with a little vinegar and salt and refrigerates them for up to three weeks. I have another method that works beautifully and lets me have wonderful peppers, roasted on my outdoor

grill, all winter long. I lay the roasted and peeled peppers in a flat layer (in portion sizes) in plastic freezer bags. I squeeze out all the air, seal the bags, and freeze. The peppers thaw very quickly. I just top them with a good extra-virgin olive oil and some chopped fresh herbs such as parsley or basil and they taste as fresh as if they were just roasted.

> —Frank Ciaramitaro, Saint Clair Shores, MI

Get creative and leave recipes behind

For years, my sister and I have said that cooking is more about chemistry and creativity than about following a recipe. Your magazine was the first indication that we were not alone. I used to spend all Saturday looking for the ingredients for that special recipe. Typically, I'd find pallid salmon and telephone-pole-size asparagus instead of the pencil-size spears described in the recipe. I finally threw up my hands one day and said, "I've had it."

From that day on, I was off to the store with a list of staples (flour and sugar, of course, but also herbs, olive oil, lemons, capers, good Greek olives, imported Parmesan cheese) and an idea of how many meals I'd fix that week. I would choose the meats, starches, and vegetables that looked the best, were on sale, and that wouldn't cause a revolution among my husband and teen-age kids.

Once I had my groceries, I'd check my cooking library to see how to make the pork tenderloin or salmon just a little different than the last time I made it. Freedom from the taskmaster of recipes forever.

Granted, I still use recipes for pastries and for ideas. But once I learned about sautéing, deglazing, emulsifying, creaming, making a roux, roasting, steaming, grilling, and frying, I could make a meal of what looked good at the store or what I had in the fridge.

I'm teaching a cooking seminar at our church, and I hope to share my experiences with the young women to give them the self confidence to try cooking this way, too.

> —Anne Smith, Greensboro, NC ◆



Martha Holmberg

ART DIRECTOR Steve Hunter

MANAGING EDITOR

Jan Newberry

ASSOCIATE EDITORS Ioanne McAllister Smart Susie Middleton

ASSISTANT EDITOR Amy Albert

COPY/PRODUCTION EDITOR

Li Agen

ASSOCIATE ART DIRECTOR Annie Giammattei

ILLUSTRATOR

Rosalie Vaccaro

EDITORIAL SECRETARY

Kim Landi

RECIPE TESTER

Abigail Johnson Dodge

CONTRIBUTING EDITORS Paul Bertolli, Shirley O. Corriher, James Peterson, Molly Stevens,

PUBLISHER

Christine Arrington

Rosina Tinari Wilson

CORPORATE CIRCULATION DIRECTOR

Douglas Newton MARKETING SECRETARY

ADVERTISING MANAGER

Tom Leibbacher

Marjorie Brown

NATIONAL ACCOUNTS MANAGER

Paul McGahren

SENIOR ADVERTISING COORDINATOR Nancy Crider

HOW TO CONTACT FINE COOKING:

800/283-7252 Telephone:

203/426-8171

Fax: 203/426-3434

E-mail: fc@taunton.com

CUSTOMER SERVICE:

Orders: Other Inquiries:

E-mail:

800/888-8286 800/477-8727 fcservice@taunton.com

Advertising Sales: 800/283-7252 x547 F-mail: fcads@taunton.com

TAUNTON TRADE COMPANY

800/283-7252 x265 Retail Sales:

Copyright 1997 by The Taunton Press, Inc. No

reproduction without permission of The

Member Audit Bureau of Circulation



Taunton Press, Inc. Fine Cooking® is a registered trademark of The Taunton Press, Inc. Subscription rates: U.S. and possessions, \$30 for one year, \$48 for two years, \$66 for three years; other countries, \$37 for one year, \$59 for two years, \$82 for three years (in U.S. dollars, please). Single copy, \$5.95. Single copies outside U.S. and possessions, \$6.95. Address correspondence to the appropriate department (Subscription, Editorial, or Advertising), The Taunton Press, 63 South Main St., PO Box 5506, Newtown, CT 06470-5506.

You can freeze your roasted red peppers for use all year long.

Fine Cooking welcomes article proposals from our readers. We those we can't use, and pay for articles we publish. Send proposals to Fine Cooking, PO Box 5506,

acknowledge all submissions, return Newtown, CT06470-5506.



THE DIFFERENCE BETWEEN HAVING PEOPLE OVER AND HAVING COMPANY.

True hospitality is in the delectable details. And nothing extends so warm a welcome as our Biscotti dipping cookies. flavorful array of Café Godiva after-dinner coffees, and irresistible chocolates. For the Godiva boutique nearest you. call I-800-9-GODIVA. Or visit us on the Internet at www.godiva.com. Or AOL (keyword: GODIVA).

New York

Paris



Tokyo

Brussels

Have a question of general interest about cooking?
Send it to *Fine Cooking*,
PO Box 5506, Newtown,
CT 06470-5506, and we'll find a cooking professional with the answer.

Substituting home-whipped butter in baking

In my baking, can I substitute heavy cream whipped to the butter stage for store-bought butter? —Rick Beaudin, Bangor, ME

Susan Purdy replies: It's probably not a good idea, because the moisture and air content of the butter will vary too much for consistent results in your baking.

If you do want to try whipping cream to the butter stage, the easiest way is to start with 1 cup (8 ounces) heavy cream in the blender. (It's important to use heavy cream because it contains the full 36% butterfat you need to make butter). Process on high speed until stiff, 2 to 3 minutes. Add ½ cup ice water, cover, and blend on high speed about 1 minute, or until the mixture clearly sepa-



eventually get butter, but the cream must contain 36% butterfat.

rates into solid butter and a milky whey. Strain through at least four or five layers of cheesecloth set in a sieve. Twist the ends of the cloth around the butter, pressing with your hands to expel as much liquid as possible. Finally, remove the butter from the cheesecloth and knead it on the counter to remove more liquid. Scrape the butter onto clean paper towels, patting and blotting it until dry. Finally, press the butter into a mold or dish.

With this blender method, 8 ounces heavy cream yields about 3 ounces (or a generous ¹/₃ cup) unsalted butter.

If you're really interested in making your own butter, you can order larger-capacity hand or electric butter churns from a farm-supply catalog.

Susan Purdy's latest book is Let Them Eat Cake (William Morrow, 1997).

Saving sage

I had a bumper crop of sage in my garden this summer. What's the best way to dry sage? What about freezing it?

> —Joseph Bianchi, Providence, RI

David Tanis replies: There's nothing like fresh sage for aroma and flavor, but dried

To dry sage, tie the stems in bundles and hang them in an airy place.

sage is delicious, too, especially in stuffings and sausage mixtures.

My favorite way to preserve sage (and other herbs) is to layer it in coarse salt in a glass or plastic container. It keeps this way in the refrigerator for several months. The leaves will shrivel and dry a little over time, but you get intense, fresh flavor. As a bonus, the salt absorbs the herb's flavor and can be used for seasoning.

The easiest way to dry homegrown sage is to tie it in small bundles at the stem and hang it upside down in an airy place for a few days. Or you can dry the individual leaves in an oven at the lowest possible temperature until the leaves are completely dry, 1 to 2 hours. Store dried sage leaves in glass jars in a cool, dark place. Just before using the dried sage leaves, toast them briefly in a dry pan and



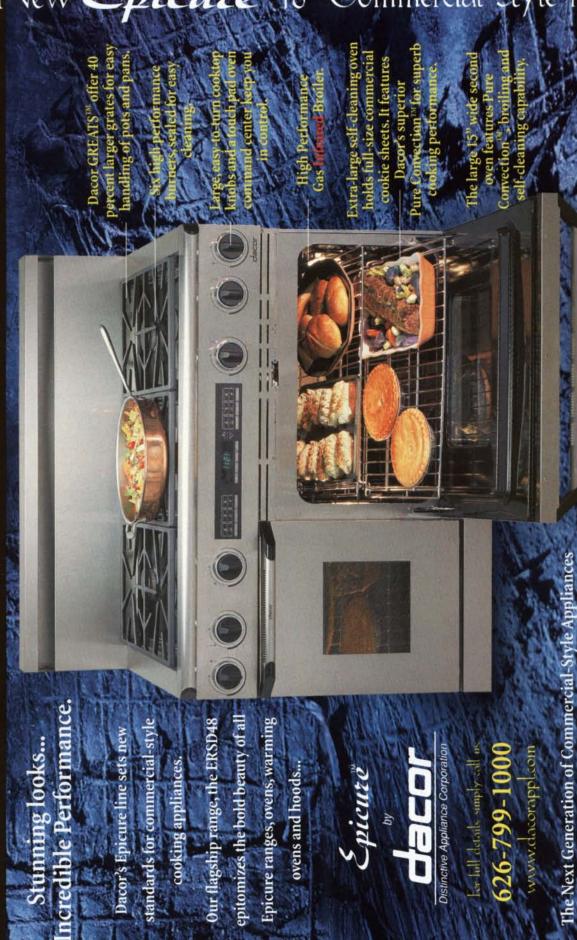
for fellow enthusiasts

The Taunton Press: Paul Roman, chairman; Peter Chidsey, president; Diane Patterson, secretary. Corporate Editorial: John Lively, editor-in-chief & vice president. Books: James Childs, Publisher; Carolyn Mandarano, editor: Ruth Dobsevage, Peter Chapman, Thomas C. McKenna, Robert Olah, Jennifer Renjilian, Diane Sinitsky. New Products: Suzanne Roman, editor; Jefferson Kolle, Marc Vassallo. Human Resources: Carol Marotti, director; Linda

Ballerini, Christine Lincoln. Finance/Accounting: Janice A. Roman, chief financial officer; Wayne Reynolds, controller; Sarah Roman, Elizabeth Conklin, Carolyn Kovaleski. Accounting: Partick Lamontagne, Irene Arfaras, Keith Chapman, Mary Sullivan, Andrea Henchcliffe, Carol Diehm, Margaret Bafundo, Dorothy Blasko, Susan Burke, Lawrence Rice, Gayle Hammond, Lydia Krikorian, Lorraine Parsons, Elaine Yamin. Corporate Design: Susan Edelman, director; Laura Bergeron. Book Art: Jodie Delohery, Amy Bernard, Susan Fazekas, Thomas Lawton, Lynne Phillips, Henry Rorh, Carol Singer, Kenneth Swain, Rosalie Vaccaro. New Product Design: Mary Terrizzi, Jody Hankinson. Photography: Boyd Hagen, Anthony Phillips. Promoton: Philip Allard, Francesca Anninio, D. J. Arneson, Sallianne Norelli, Wendy Bowes, Julia Brine, Mary Beth Cleary, Leigh Haeger, Jennifer Winston. Corporate Services: Thomas Luxeder, director; Jane Torrence. Fulfillment: Client Services: Patricia Williamson, Carolyn Arneth, Kathryn Dolson, Holly Smith, Eileen Swirsky. Order Processing: John Comerford, Nancy Brown, Barbara Lowe, Eileen McNully, Dawn Teixeira, Marylou Thompson. Customer Services: Patricia Malouff, Donna Baxter, Christi Heuer, Dorothy Knauer, Penny Lefferts, Karin McMahon, Jennifer Severino, Barbara

Smith. Data Entry: Carole Ando, Bonnie Beardsley, Margaret Fainer, Madelaine Frengs, Tracy LeBrun, Debra McCormack, Gina Pabis, Andrea Shorrock. Distribution: Paul Seipold, Mary Ann Costagliola, Deborah Greene, Linnea Ingram, Brian Leavitt, Aaron Lund, Frederick Monnes, Jonathan Pond, Elsie Rodriguez, Alice Saxton, Eileen Sheehan. Manufacturing: Kathleen Davis, director: Kathleen Donovan, Prepress: Austin Starbird, John Garofalo, Stephen Roma, Patricia Sigetti, Deborah Cooper, William Bivona, David Blasko, Richard Booth, James Chappuis, Mark Coleman, Lisa DeFeo, Tina Foster, William Godfrey, Florence Nichols, Joseph Petrahai, Linda Reddington, Martha Stammer, Chansam Thammayongsa. David Kenney, Amy Evon, Kathy Martin, Monica Murphy, Print Production: Dee Flanagan, Nicole Anastas, Lynda Morris, omotion; Thomas Greco, Deborah Baldwin, Michael Gyulay, books; Philip VanKirk, John Cavallaro, Tracie Pavlik, magazines. Video: Craig Umanoff, Thomas Menard. Management Information Systems: Robert Peters, director; Brendan Bowe, Arthur Caron, James Courtright, Maurice Downey, Gabriel Dunn, Marjorie Omalyev, Roger Seliga. PC Applications: A property of the property of the Country of theHeidi Waldkirch, Robert Nielsen, Andrew Wiles. PC Systems: Margaret Archer, Joanne Bisson, Rita Myers, Lisa Northrop. Operations: Purchasing & Facilities: William Schappert, Christopher Myers, Peter Bishop, Michael Capalbo, Lionel Jones, Jeannette Pascal, Patricia Rose, Charles Hollis, Jeffrey Meslin, Aaron Nobel, Susan Nerich, Oscar Carranza, Alvin Jack, Lincoln Peters. Cafeteria: Donna Freeman, Geraldine Benno, Diane Nutter, Norma-Jean Taylor. Taunton Direct: Claudia Allen, Maryann Diette, Brenda Hamilton, Dennis O'Brien, David Pond, Megan Sangster, Jeanne Todaro. Taunton New Media: Roy Swanson, director; Christopher Casey, Sean Messenger. Taunton Trade Company: Dale Brown, president; Thomas Johnson, John Bacigalupi, Peter Bill, Barbara Buckalew, Linda Yurchishin

The New Epicuze" 48" Commercial-Style Range



It turns heads...

and cooks like nothing else on the market.



then chop them or crumble them by hand.

You can freeze fresh sage in zip-top bags, but it tends to get a bit soggy when you defrost it. I find that I get the best flavor out of frozen sage if I make an herb butter (2 tablespoons chopped fresh sage to ½ pound softened butter), roll it into a log shape, and seal in plastic wrap or foil. The herb butter will keep for quite a few weeks in the freezer. Add garlic, shallots, lemon zest, and parsley after defrosting, and use the sage butter to sauce fish, meats, or pasta.

You might also consider growing sage in pots that can come indoors for the winter. Sage does very well in a sunny window.

David Tanis writes and cooks in Santa Fe, New Mexico.

What makes olive oil taste mellow, not bitter?

If uncured olives are bitter, why isn't olive oil bitter? —Albert P. Richards,

Moreno Valley, CA

Paul Bertolli replies: Raw, uncured olives taste

cured olives taste bitter because they contain a bitter compound called oleuropein.

Olive oil production is always described as a process of extraction, which gives a clue to the answer to your question. When raw olives are crushed and pressed, what results is a mixture of oil (about 15% to 18% by weight) and a

When olive oil is processed, the olive pulp containing bitter compounds is extracted.

watery residue that's rich in oleuropein. There are various ways of separating the oil from the watery residue. The old way is to allow time for the water to settle out naturally in large urns, and then to decant the oil away. Most mills today use a centrifuge. Either way, separating the oil from the watery pulp of the uncured olive fruit extracts the pulp that contains the bitter compounds. And that's what keeps olive oil from tasting bitter.

Paul Bertolli is a contributing editor for Fine Cooking.

Why does milk cool spicy heat?

Why do milk and bread cool the fire in your mouth from spicy-hot foods?

—Heather Cassell, Baltimore, MD

Yasanti de Silva replies: Capsaicin, the compound

Stop Salmonella before it spreads. Would you trust a cleaner that leaves Salmonella and E. coli on your countertops? Well, believe it or not, you may be doing just that, because not all cleaners kill harmful bacteria. Sure, cleaning stains and grease is important, but getting rid of bacteria is what you should really be concerned about. They can spread. From contaminated food, to countertops, and eventually, to the food you and your family eat. That's why there's LYSOL® Antibacterial Kitchen Cleaner.® It cleans the toughest kitchen mess, while it kills harmful bacteria, including Salmonella and E. coli. LYSOL Antibacterial Kitchen Cleaner. One important step in maintaining a healthier home. For More Food Safety Tips, Call 1-800-99LYSOL ©1997 Reckitt & Colman Inc

10 FINE COOKING

that gives chiles their heat, is fat-soluble, which makes it stable and not easy to break down. Milk "cools the fire in your mouth," as you aptly put it, because the fat in the milk bonds to the capsaicin and carries the heat off your tongue.

Capsaicin is not watersoluble, which is why water won't work to cool the heat water will just serve to spread the heat around, causing further discomfort.

I have never heard that bread helps cool the fire, unless it's buttered bread. Here again, the fat in the butter will bond to the capsaicin, causing a cooling effect in the mouth. Eating plain bread or other bland foods may cool the heat a little by just removing some of the capsaicin

from inside your mouth as you swallow.

Yasanti de Silva is the quality assurance manager at McIlhenny Company, makers of Tabasco pepper sauce.

Cleaning an unglazed clay cooker

I get great results roasting chicken and lamb shanks in my unglazed earthenware pot, but it's fiendishly difficult to clean. Food sticks, and because these pots normally darken with use, it's hard to tell what's removable and what's part of aging. Is there anything easier than elbow grease?

—Lou Asworth, Larchmont. NY

Dana Jacobi replies: Sometimes it takes more than elbow

grease to remove the film left from roasting chicken or cooking stew in an unglazed clay pot. Try scrubbing with a very little bit of dishwashing liquid and a nylon mesh or fiber pad. Never use steel wool.

If scrubbing doesn't work, fill the pot with hot water, mix in 1 cup baking soda, and let

and rinse it out. If that doesn't work, try it again but add some vinegar to the water.

According to the importers of Römertopf, a popular brand of unglazed red clay cookers, dishwasher cleaning is not a good idea because clay cookers are porous and tend to trap soap residue.

the pot sit overnight. If it

doesn't come clean, again fill

the pot with warm water and a cup of baking soda and bake

the filled pot in a 400°F oven

for an hour. Let the pot cool

Store your clay cooker one half stacked inside the other (rather than with the lid covering it) so that air can circulate and the clay cooker doesn't get musty-smelling.

Dana Jacobi is the author of The Best of Clay Pot Cooking (Collins Publishers, 1995).



Clay cookers often clean up well with a hot water and baking soda soak.



OCTOBER/NOVEMBER 1997



Cortland is a good choice for a fresh fruit salad. Its very white flesh is slow to turn brown. A good allpurpose apple, it's harvested in September and October.



Golden Delicious ranges from pale green to warm yellow. The more yellow the fruit, the sweeter and softer it is. Use it in tarts and salads.

When I was a kid, my idea of an apple was the Red Delicious I found in my lunch bag every day. That bright, shiny, juicy apple was a daily staple, but I didn't know then what I was missing. Red Delicious is only one of nearly 100 commercial varieties of apples grown in the U.S. These days, I enjoy all sorts of apples, but the type I choose depends on how I plan to use it. If I'm making a pie, I look for a hard, fullflavored apple like a Northern Spy. For applesauce, I pick a

Red Delicious, with its brilliant crimson skin and unique five-knob base, is best eaten raw. Harvested in October, it's available year-round, but avoid it in the spring and summer when it tends

ing. Best just picked, it's harvested in late September.



softer variety like McIntosh. Cortlands, which are slow to brown, are the apples I slice onto a salad. And for a snack, nothing beats a crisp Gala.

APPLES FOR SNACKING, **BAKING & CIDER-MAKING**

Apples can be loosely grouped into three categories: fresh apples for eating out of hand, cooking apples, and cider apples. But just about any apple can be enjoyed fresh: you only need to know what you like. McIntosh and Red Delicious

are two of the most popular snacking apples. Some folks like an apple that bites back: Ionagold, Granny Smith, and Northern Spy are tart varieties.

Cooking apples should be flavorful and firm. Heat breaks down an apple's structure quickly and reduces its flavor. Hard, full-flavored varieties-Gala, Braeburn, Northern Spy, Rome, and Granny Smith—can take the heat and still retain their taste and shape. Use one of these varieties when you bake a pie or

cobbler or when you roast apple slices alongside a pork loin.

Granny Smith is harvested in October. It

McIntosh is a favorite variety in the Northeast, where it's eaten fresh and used for applesauce. It isn't a good keeper, so enjoy it around harvest time in September.

For applesauce, a soft apple like McIntosh is a natural. Softer apples make smooth, creamy applesauce, while harder types give you a chunkier sauce. I like to mix a few varieties together for a more complex-tasting sauce. Leaving the skin on gives the applesauce a reddish-pink tint.

Cider is often made from apples that have fallen from the tree. Known as windfalls. these apples take a beating



Taste the Rewards of Starbucks Encore. (And we'll treat you to a free gift.)

Starbucks Encore™ is a mail-order coffee delivery club like no other.

It's like having your own personal Starbucks store right on your doorstep.

Not only does Starbucks Encore

deliver regular shipments of our fresh coffees on a schedule you choose, but every order is backed by our passion for quality, service and the world's best-tasting coffees. If you're not 100% satisfied, you're free to cancel any time after receiving your first shipment.

As a member, YOU'LL LOVE THE CONVENIENCE AND SPECIAL PRIVILEGES.

eward yourself

The Starbucks
Encore program pampers
you from the moment
you join.

You'll enjoy membersonly rewards, including our
free 32-oz. coffee press and
a pair of etched-glass logo mugs
(a \$31 value); special values on selected catalog
merchandise; members-only shipping and handling

discounts; and the freedom and flexibility to adjust your order at any time. And right now, you can get started for just \$26!*

Fresh to your door — and your satisfaction is guaranteed.

Your coffee arrives with that straight-fromthe-roaster freshness, securely sealed in

our special FlavorLock™
bags. And we guarantee
your satisfaction: If a
Starbucks product fails to
meet your expectations,
we'll gladly replace it or
refund your money.

JOIN TODAY.

To sign up, and receive your free gift, call 1-800-782-7282

before November 10, 1997. Then start brewing your Starbucks coffee and enjoying the exclusive rewards of

Starbucks Encore membership.

Our elegant 32-oz.

coffee press and two 13-oz.

etched-glass logo mugs are yours free

when you join Starbucks Encore.

To join Starbucks Encore: 1. Call 1-800-782-7282 and mention offer code A3CFCO. 2. Provide your name, address, and credit card information to our customer service representative. 3. We'll send you two pounds of our Encanta Blend coffee, along with your free gift, for just \$26. Price includes shipping and handling. (You may also choose one of our other coffees, but the price may exceed \$26.) 4. Every five weeks thereafter, we will ship the same type and amount of coffee that you ordered for your first shipment, unless you call us to cancel or change your delivery schedule. 5. Charges after the first shipment will depend on the type and amount of coffee you choose. 6. You can change your coffees or delivery schedule or cancel your membership any time after you receive your first shipment.

Interested but still not sure? Call us and one of our representatives will be happy to answer any questions you have.

This offer is applicable only to mail-order purchases and is not redeemable in our retail stores. Limit one membership per household. All prices are in U.S. dollars. Sales tax will be added where applicable.

Offer good for new, first-time memberships and only for shipments to U.S. addresses. Offer expires November 10, 1997.

Yes. I want to receive regular shipments of my favorite Starbucks coffees — and enjoy all the benefits of Starbucks Encore membership.

CALL 1-800-782-7282 OFFER CODE: A3CFCO

Order now and receive a Starbucks* coffee press and glass logo mugs (a \$31 value) FREE.

AT THE MARKET





Gala, a New Zealand native now grown in the U.S., is a medium-size apple with a unique yellow-, orange-, and red-striped skin. It's outstanding for eating fresh, in salads, or cooked for desserts and applesauce.



Rome has a soft, round shape that makes it a popular choice for baked apples. It's good for cooking and baking.



scene but is skyrocketing in popularity.
Sweet and juicy, it's excellent eaten fresh.
It's available October through December
but stores extremely well if refrigerated.



Macoun is a relative of the McIntosh but has a deeper carmine skin and is more versatile in the kitchen. It's harvested in late September and October.

when they hit the ground, and they can't compete with the prettier apples in the produce bin, but they're still full of flavor and make excellent cider. The best cider is made by combining sweeter apples such as Baldwin, Empire, and Delicious with more tart varieties, perhaps Jonagold or Winesap.

ENJOY APPLES IN SEASON

During the harvest in North America, from late August through November, many apple varieties are available for just a short time—even just a few weeks. Many varieties must be sold and eaten soon after they're harvested.

Some varieties, such as Winesap and Northern Spy, can be stored and are either refrigerated or held for longer periods in facilities where ripening is slowed. Unfortunately, after months of storage, apples may look great but can be mealy and mushy. If you're buying apples in the dead of winter, choose carefully.

Once the domestic apple harvest is over, keep an eye out for imports from Chile, New Zealand, and Australia, which start shipping in February, the beginning of autumn in the southern hemisphere. Look for varieties like Braeburn, Fuji, and Granny Smith.

CHOOSE FIRM, SMOOTH-SKINNED APPLES FOR THE BEST FLAVOR

Whenever you're shopping for apples, look for hard, fresh-

smelling fruit with a full aroma and a smooth, tight skin. Good-tasting apples aren't necessarily pretty—some of the best varieties aren't—but they should be free of bruises and blemishes. Remember that when an apple ripens, flesh softens, sweetness intensifies, acidity drops, and color and aroma increase.

Once you get them home, refrigerate apples and keep them away from strong-smelling foods, as apples easily absorb odors. Discard any rotting apples; they emit gases that are damaging to other apples, fruits, and vegetables.

Julia Leonard is a cook and writer who lives in Manchester, Massachusetts. ◆

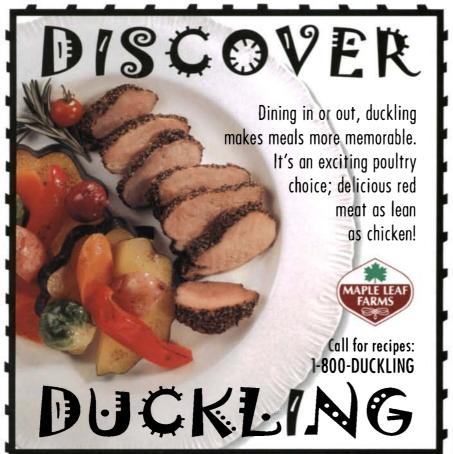
More at the market

Look for these fall vegetables, in season in most parts of the country, to turn into hearty comfort food:

- ◆ Parsnips, rutabagas, celeriac, and other root vegetables to roast with sage or rosemary, olive oil, and salt.
- ◆ Butternut, delicata, or acorn squash to glaze with maple syrup and pecans.
- ◆ Cool-weather chicories like escarole and frisée to wilt with bacon and caramelized onions for warm fall salads.
- Kale to beef up fall soups;
 Savoy cabbage to braise with cider and serve with roast pork.

14 FINE COOKING





Welcome to the EDGE of the WORLD.

Despite what you have been lead to believe, the world's sharpest edges cannot all be found in the great knifemaking capitals of Europe.

On the contrary, they can be found in a most unexpected place: Chicago, USA.

No other knives in the world are made like Chicago Cutlery.

We taper them by hand. We grind them by hand.

And we don't stop until we have reached the absolute edge; the incredibly sharp Taper Grind®edge.

It takes a great deal of effort to make a knife that cuts so effortlessly. But it's worth it.

So whenever you're cutting or slicing, make sure our edge is your edge.



OUK FOOF 17 OOK FOOF

Available in Walnut Tradition, Metropolitar Style and New Legacy Forged



1536 Beech Street, Terre Haute, IN 47804 Consumer Services Department 1-800-545-4411 ext.11 ©1997 General Housewares Corp.

Retro gizmo: the flour duster/shaker

Sometimes a kitchen tool comes along that you don't really need, but it's so fun to play with that you just have to have it.

retrolooking stainlesssteel flour duster/shaker (think pre-war, think great grandma, think pie crust) is just such a thing. It not only looks cool, but it also actually works. Squeeze and release the handle to scoop up and shake out just the right amount of flour, cornmeal, cocoa, or ground nuts to dust on a rolling surface or over a stencil. All this for \$7.95, from Sur La Table (800/243-0852).

—Susie Middleton, associate editor for Fine Cooking.

KitchenAid Little Ultra Power packs a punch

I'm a professional cook and also a time-pressed mother of two. At both work and home, I need great equipment, and KitchenAid's new Little Ultra Power food processor suits my needs. This machine is high-powered, versatile, and user-friendly; it conquers daily tasks quickly, cleans in a jiff, and doesn't hog my countertop. Like its 9- and 11-cup siblings, the 5-cup Little Ultra Power has an attractive design, flush-mounted touch pad for easy clean-up, and innovative two-in-one mixing bowl.

The larger bowl is great for small-volume shredding or pulverizing, and the addition of two small holes in the feed-tube stopper (something lacking in the larger models) makes emulsifying small batches of vinaigrettes effortless. The minibowl fits inside the larger bowl, has its own blade,

It's apple sea-

son, and after

munching on

McIntoshes

and sipping

fresh cider, you

might want to

try apple cider

This budget-conscious gem (around \$100) packs a heavy-duty 3-amp motor and three cutting blades. For information, call 800/541-6390 or visit KitchenAid's Web site at http://KitchenAid.com.
—Abigail Johnson Dodge, author of Great Fruit Desserts (Rizzoli International, 1997) and recipe tester for Fine Cooking.



Events

AVOCADO FESTIVAL

Carpinteria, California; October 3–5

All the food at this festival must contain avocado, so you'll see it in sushi, burritos, mousse, sorbet, ice cream, salads, pizza, shrimp cocktail, and brownies. Call 805/684-0038.

CHEESECAKE FESTIVAL

Karla's Cheesecakes, Fredericksburg; Virginia, October 4

An all-you-can-eat festival for cheese-cake devotees: 20 to 25 kinds are served, plus cheesecake "truffles"—pieces of cheesecake dipped in dessert toppings. Call 540/371-3754.

APPLE DAYS

syrup, a delicious product

from The Apple Farm. This

apple cider syrup, made

Cashmere, Washington; October 4-5

Townspeople dress in pioneer garb and preside over tables overflowing with apple cider, apple butter, apple juice, apple dumplings, muffins, and savory apple dishes. Call 509/782-3230.

OYSTERFEST

Mason County Fairgrounds, Shelton, Washington; October 4–5

Vendors sell Pacific oysters wrapped in bacon and broiled, on the half shell, as fritters, stews, oyster loaf, and Cajun oyster sandwiches. Call 360/426-2021.

GUMBO FESTIVAL

Apple cider syrup is a tart-sweet treat

from pure apple cider with

no added sugar, is remi-

niscent of New England's

old-fashioned boiled cider.

Drizzle it over vanilla ice

cream with toasted pecans

or try some in a glaze for a

roast or in a vinaigrette for a

fall salad. The Apple Farm—

a northern California or-

ganic grower of over sixty

Bridge City, Louisiana; October 10–12

Volunteers cook up thousands of gallons of seafood and chicken-sausage gumbo as well as shrimp and sausage jambalaya. Call 504/436-4712.

CRANBERRY HARVEST

apple varieties—will ship a

minimum of two bottles for

\$10 each (plus shipping)

starting in early October

(call 707/895-2333). When

in San Francisco, sample the

Apple Farm's syrup, chut-

neys, vinegars, and of course

apples at the Ferry Terminal

Plaza Farmer's Market.

—Susie Middleton

South Carver, Massachusetts; October 11–13

Tour the Edaville Cranberry Bog on foot or by helicopter and see workers harvesting the scarlet berries. Then sample cranberry drinks and dishes. Call 508/747-2350.

Send February and March event listings (by November 1) to Fine Cooking, PO Box 5506, Newtown, CT 06470-5506, or e-mail (fc@taunton.com).

16 FINE COOKING



Handcrafted French Press nut oils offer big flavors

The French Press, a company in Rutherford, California, offers three handmade French nut oils—walnut, hazelnut, and pecan—to the American market. Each of the artisanal oils are pressed in France in a 100-year-old mill. Nuts are sorted by hand, toasted over a wood fire, ground on a mill-stone, and pressed

through a paper filter to produce the highest-quality oil. Unlike refined oils, French Press oils are never subjected to high heat or chemicals. They're bottled in clay jars to protect them from light damage.

I was delighted with the authentic flavor and aroma of all three oils. The walnut oil's roasted-nut and maple aroma took me back to southwest France, where I'd first tasted

handmade walnut oil.
The French Press version was terrific on a salad of duck and baby greens. The hazelnut oil's flavor is full and rich. The pecan oil has the most delicate aroma, but it opens up with surprisingly big flavor. It was excellent over red snapper. All three nut oils are

grettes or to finish a dish (they shouldn't be cooked for long). They could also replace a small amount of fat in cakes or tarts. Look for these nut oils (\$13.95 for each 8-ounce bottle) in gourmet stores.

—Elaine Sterling, chef,

terrific used in vinai-

—Elaine Sterling, chef, teacher, and consultant in New York City.

Cyber kitchen: Web sites for bakers

When it comes to Web sites for avid bakers, the Internet is seething with more activity than an overactive sourdough starter. I recommend the following sites for useful information on recipes, techniques, books, and equipment.

www.kitchenlink.
com/rcpbread.html
This mega-site explores
every avenue of home
baking: descriptions of
and links to dozens of
related sites, from bread
machines and bagel
making to yeast doughs
and sourdough. Tips,
techniques, and recipes,
too.

www.lamalle.com
New York's Lamalle
Kitchenware focuses on
baking and pastry supplies. The new online
catalog is an excellent
source: click on a symbol
and you instantly get a
photo of the product,
whether it's a cheesecake
pan or a flour sifter.

www.bbga.org
The Bread Baker's Guild
of America's site covers
every facet of artisanal
baking: troubleshooting
advice, sources of
baking extension

advice, sources of baking extension schools, recipes, trade fairs—even articles on building brick ovens.

www.chefs-store. com An online equipment store geared toward professional chefs, with a special section for pastry chefs and bakers.

And don't miss these manufacturers' sites, which offer recipes and product ordering: www.whitelily.com; www.breadworld. com (Fleischmann's yeast); and www. kingarthurflour. com.

—Marcy Goldman, pastry chef and creator of Baker Boulanger, an online magazine for bakers at www. betterbaking.com.

Scholarships for cooking schools

The International Association of Culinary Professionals (IACP) is now accepting applications for the Culinary Scholarship program for the 1998–1999 academic year. Sixty scholarships,

with a collective value of over \$180,000, were awarded for the '97–'98 academic year. Anyone wishing to pursue a culinary career or to continue his or her culinary education can apply. There is a \$5 charge for applications, and one application encompasses all scholarships. Write or call the IACP, 304 W. Liberty St., Suite 201, Louisville, KY 40202; 502/587-7953.

COUNTRY HAM FESTIVAL

Cadiz, Kentucky; October 10–12

The rich, salty flavor of country ham comes from being soaked in salt, hung in a smokehouse, and then cured for 18 months. The festival features a plethora of ham dishes. Call 502/522-6343.

SAUSAGE FESTIVAL

Elberta, Alabama; October 25

The volunteer fire department serves up 6,000 pounds of German sausages, grilled over open fires. Other festival fare: sauerkraut, stuffed cabbage, and German goulash. Call 334/986-8375.

PUMPKIN SHOW

Circleville, Ohio; October 15–18

Ohio's oldest and largest festival draws crowds of up to half a million, who come for the inventive pumpkin food, pumpkin-pie-eating contests, pumpkin toss, and a contest for the heaviest pumpkin.
Call 614/474-7000.

AIWF GASTRONOMY CONFERENCE

Miami, Florida; October 30 through November 2.

A series of symposia, seminars, field trips, farm tours, and guided tastings will seek to trace historic influences on the Cuisines of the Americas. Call 415/255-3000.

KONA COFFEE FESTIVAL

Kailua-Kona, Hawaii; November 1–8

Festival activities include tours of coffee farms and mills, a coffee-farm fair, coffee displays, cooking demonstrations, and the Kona Coffee Cupping Competition.
Call 808/326-7820.

TOMATO FIESTA

Palmetto, Florida; November 22–23

This festival focuses on tomato-rich Mexican and Cuban food. You'll also see favorites like fried green tomatoes and a variety of Hispanic foods such as black beans with rice and black-bean soup. Call 941/723-4570.

Protect Your Issues of *Fine Cooking*



SLIPCASES FOR YOUR BACK ISSUES.

Bound in red leatherette and embossed in gold, each case holds up to ten issues of *Fine Cooking*, and costs \$8.95 (save: buy 3 for \$24.95, 6 for \$45.95). Add \$1.50/case for p&h. Outside the continental U.S., including AK and HJ, add \$3.50 each (U.S. funds only). PA residents add 7% sales tax. Send your order and payment to the address below, or call toll free, 1-800-825-6690, and use your credit card (minimum \$15).

Jesse Jones Ind., Dept. 95 FC, 499 E. Erie Ave., Philadelphia, PA 19134. (No P.O. boxes, please)

Great News!

COOKING is now online.

Come visit our website.

www.taunton.com

Only The Finest Ingredients Go Into A FiveStar® Range.



Our exclusive Vari-Flame feature takes burners down to the barest minimum.



The commercial-type griddle is a machined steel plate—the professional preference.



An optional barbecue accessory makes indoor grilling a pleasure.





Optional brass trim enhances an already extraordinary appearance.



Our unique broiler glides on rollers. Both rack and broiler pan slide out together with ease.



Convection oven models go from traditional to convection heat with the flip of a switch. Self-cleaning also available.

Distinctive food preparation starts with the finest ingredients. Shouldn't the same be said of your range? Discover the superb features of FiveStar commercial-type ranges, cooktops, range hoods and accessories, and see why your masterpiece should begin with ours.

For a free brochure, call (800) 553-7704 or contact FiveStar, P.O. Box 2490, Cleveland, TN 37320 (423) 476-6544 FAX (423) 476-6599



The Range of Possibilities™

A Shortcut to Flaky Puff Pastry

hen I was learning to cook, I thought of mastering puff pastry as a rite of passage from the merely eager to the expert. Making this delicate, flaky pastry usually takes at least half a day, but the result—hundreds of puffed, crisp, and buttery layers—was, in my mind, the ultimate kitchen achievement.

Then I discovered that most chefs use a shortcut method known as rough puff pastry—also called blitz and half pastry—that takes only a fraction of the time. Though the results are not quite as spectacular in terms of height, rough puff pastry is just as irresistibly flaky, but-

tery, and tender as traditional puff pastry.

Use rough puff pastry to make turnovers, millefeuilles, cheese straws, and cream horns, or use it as a crust for tarts, quiches, and pot pies.

DIFFERENT MEANS TO SIMILAR ENDS

Classic puff pastry begins with a basic dough called a détrempe (pronounced day-TRAHMP) that is rolled out and wrapped around a slab of butter. The dough is then repeatedly rolled, folded, and turned. The goal is to distribute the butter evenly in sheets throughout the dough. When the pastry bakes, the moisture in the butter creates steam, causing the dough



Quick puff pastry is ideal for crisp, buttery pastries and crusts. When baking rough puff pastry, begin with a hot oven (450°F) to get the puff and then lower the temperature to finish baking.

Butter, flour, and water start out as a shaggy dough



Sift the flour and salt onto cold cubes of butter. For a deliciously rich pastry, use an equal weight of butter and flour (see recipe on p. 22).



Cut the butter into the flour. Using a pastry scraper or a large chef's knife, work until you have a crumbly mixture. Flatten any large chunks of butter with just your fingertips.



Add the ice-cold water a little at a time to loosely bind the dough. Mix the dough with the pastry scraper until it just hangs together.



Shape the messy, shaggy dough into a rough rectangle and roll it out until it's ½ inch thick. Resist the temptation to overwater or overwork the dough; it will eventually hold together.

THE REYNOLDS WRAP KITCHENS HOME ECONOMISTS

"If you don't line your pans with Heavy Duty Reynolds Wrap," cleanup can get complicated."







Lining with Heavy Duty Reynolds Wrap® aluminum foil makes cleanup a snap. One more reason, Reynolds has it all wrapped up.

A series of folds transforms the dough, creating flaky layers



The first few folds take a little encouragement. Use the pastry scraper to fold the dough in thirds like a business letter. Don't worry if it folds in pieces.



Turn the package of dough 90 degrees so the folds run vertically. Square off the edges of the dough as you work. Roll the dough into a rectangle that's ½ inch thick, always rolling from open end to open end.



Continue rolling, folding, and turning until the dough looks smooth. By four or five "turns," the dough should hang together well.



Fold the smooth dough into a book fold for even more layers. Fold the two shorter sides into the center and then fold the dough like a book. Brush off excess flour as you fold.

to puff and separate into many layers.

Making classic puff pastry takes a lot of time because the dough needs lengthy rests after the initial *détrempe* stage and between its many "turns" (each series of rolling, folding, and turning).

There are a few ways to abbreviate the process of making puff pastry, all with the goal of distributing bits of butter throughout the dough. The method I find most streamlined is a cross between classic puff pastry and basic pie crust. You cut the butter into the flour as if making pie crust, but instead of simply rolling out the crust, you give the dough a quick series of turns and folds as you would for puff pastry.

ROUGH PUFF PASTRY HAS A RAGGED START

When teaching how to make rough puff pastry, I've found that the only tricky part is getting my students to believe that the crumbly pile of butter, flour, and scant water will actually become a smooth, workable dough. The temptation is to add more water to bind the dough, but excess water would only make the dough tough.

I use the same weight of butter as of flour, and about half that weight of water. So for 12 ounces each of flour and butter (about 2½ cups flour and 24 tablespoons butter—the volume by weight of flour and butter *are not* equal), use 6 ounces of water (¾ cup—the weight and volume of water *are* the same). Add the water a little at a time since you may needless.

Coax the first few folds with a pastry scraper. As you can see from the photos above, the first few times you try to fold the dough, it will crumble. Don't worry: around the fourth turn, the dough will become smooth and solid. Once this happens, I give the dough one more turn and then fold it into a book fold

Rough Puff Pastry

The amounts for butter, flour, and water are given by weight (ounces) and by volume (cups or tablespoons); use either measurement. Yields about 2 pounds of dough.

12 oz. (2½ cups) cold flour ¾ tsp. salt 12 oz. (24 Tbs.) cold unsalted butter, cut into pieces 6 oz. (¾ cup) very cold water

For the procedure, follow the photos starting on p. 20.

(top right photo) to give it even more layers. The dough then needs to rest, but for only half an hour—enough time to work on the filling. The dough then gets two more turns. At this point you can go ahead and use it, but another rest will



Wrap the dough and chill it for half an hour before giving it two final turns. You can then use the dough, though another short rest will make rolling and shaping easier.

make it even easier to roll and shape. You can refrigerate the dough for up to two days or freeze it for up to a month.

Molly Stevens, a freelance food editor and writer, is a contributing editor to Fine Cooking. ◆

Hints for tender, flaky dough

- ◆ Use a little cake flour for the most tender dough. All-purpose is fine, but one part cake flour to three parts allpurpose is better.
- ◆ Keep everything cold. Keeping the dough chilled as you work is important to the success

of any puff pastry—otherwise, the butter melts and will no longer form distinct layers. Freeze both the flour and the butter before beginning. Also, keep your warm hands off the dough as much as possible. If the dough gets warm, chill it

for at least 15 minutes before continuing.

- ◆ Keep the dough neat for a uniform puff. Use a large rolling pin and roll evenly from open end to open end. Square off the sides with a rolling pin or pastry scraper as you work.
- ◆ Bake the dough on a slightly dampened baking sheet. This holds down the underside of the dough as the rest puffs up. Bake in a very hot oven (about 450°F) for the initial puff and turn the heat down to finish.

22



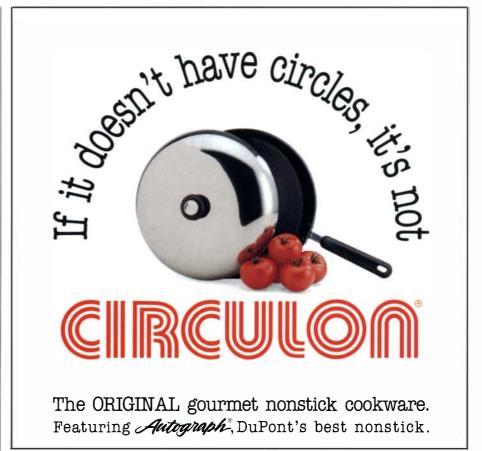
Professional Butcher Block Carts for the Home Kitchen

Features: select northern hard rock maple top, commercial-grade stainless steel base, locking casters, drop leaves, dovetailed maple drawer, stainless front, towel bar. Made in USA.

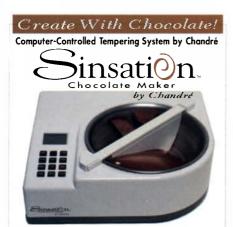


John Boos & Co.

315 S. 1st Street • Effingham, IL 62401 Phone (217) 347-7701 • Fax (217) 347-7705 e-mail johnboos@effingham.net web www.effingham.com/johnboos



For more information call 1-800-388-3872 or visit our worldwide web site at http://www.meyer.com



NOW, there's an EASY, EFFICIENT, COST EFFECTIVE, and FUN way to WORK and PLAY with CHOCOLATE!

The patented Sinsation™Chocolate Maker takes the complex art of tempering real chocolate and reduces this process to a few keystrokes. The Sinsation melts, tempers and holds your chocolate in temper for all your needs, maintaining consistent professional results.

Whether your interest lies in serving one-of-a-kind

desserts at your next dinner party or family affair, or in creating for a discerning clientele — restaurants, culinary schools, gourmet and specialty shops of all kinds, the **Sinsation** is an easy, efficient, flexible, and cost effective means for working and playing with chocolate.

TRY IT! 30-Day No Risk Trial \$329. plus S&H includes FREE Starter Kit!

Please mention that all when placing your order. Chandre and Strategor are transmissed accessed as the Strategory (Newww.iic.com/chandre For More Information or To Order Your Sinsation Call: I-800-3-CHOCLA

Ask about our Sinsation Video-



NEW YORK 800-289-9878 • MINNEAPOLIS 800-356-0281 • TORONTO 800-268-3714

OCTOBER/NOVEMBER 1997 23 KITCHENS FOR COOKS

Choosing Reliable, Easy-to-Use

Kitchen Faucets

You've just picked out your brand-new kitchen sink—plus a smaller preparation sink to go near the cooktop. Now you'll need fixtures. Though there are many to choose from, shopping isn't that hard. What is hard is that a good faucet may cost as much as a good sink.

The important functional considerations at the main sink are nozzle height and reach, ease of operation, and clearing countertop congestion. For a satellite sink, which might be set out into the room, looks may matter more.

A HIGH NOZZLE MEANS **ROOM TO WORK**

You'll want to be able to tip tall vessels under (and out from under) the spout and to fill a glass or rinse a dinner plate above a sink full of dishes, so it's wise to allow 15 or 16 inches between nozzle tip and sink bottom. The spout should reach 6 to 8 inches out over the bowl. If you have a double sink, remember that the same faucet must serve both basins.

LOOK FOR WASHERLESS **CONSTRUCTION**

The dripping faucet is not much of a problem anymore, thanks to "washerless" constructions. These systems work far better and longer than the old-fashioned rubA high-arching spout gives you more room to fill big pots and more working space in the sink.

ber washer. Ceramic valves or cartridges are state of the art, and they're standard for highend fixtures.

When you're shopping, ask a salesman if it's possible to replace a clogged or faulty cartridge yourself. If so, the manufacturer can send you a replacement part overnight (probably under warranty). All you'll need is a screwdriver and a few minutes' time—and you've saved the cost of a plumber's house call.

TWO HANDLES ARE **TRADITIONAL**

The traditional faucet we all grew up with—chrome, a straight spout, a handle on either side for hot and cold, or a single control lever-still works well, and the cost is moderate. Colors and higharched spouts are now available, but the fundamentals remain comfortably the same.

To vary the and wings; contemporary or traditional. Antique-looking faucets are available in period styles and in brass, copper, and pewter finishes.

SINGLE LEVERS AND PULL-**OUT NOZZLES ARE SLEEK**

Though the traditional two handles work fine, there's good sense in a single lever. Besides freeing up one hand, the whole faucet is installed in just one hole in the sink

rim or counter. The fewer elements sprouting up from the sink, the fewer obstacles there are to clean around, and the less clutter to look at.

A pull-out spray head built into the spout is a huge convenience. In better units, spray and solid-stream alternate reliably with the push of a button, the hose is metalclad, not plastic, and it extends at least two feet. The



Dynasty... For When You Wish Upon A Star.



Wishes can come true. You want a commercial quality range but you want a light in the oven. You want a window in the oven door.



You want a convection oven that can be operated conventionally as well. And, wouldn't it be nice if these features can be found in a commercial quality range that

ing that Dynasty's new ranges are built to the same high quality standards for

quality standards for materials and workmanship that have made Dynasty the Ultimate Professional

Range.



is a perfect fit with your standard kitchen cabinets front to back?

Wishes do come true. Dynasty's new commercial quality ranges

offer all the features you have been wishing for whether your choice is a 30", 36", 48"



See a Dynasty range and you'll agree. Use a Dynasty range and you'll know it for sure. For complete product information or for the name of the Dynasty dealer nearest you, write or phone today.

or 60" model in black, white or stainless fin-

ish. And, along the way you'll find it reassur-



assembly will last almost indefinitely.

Investigate the European one-hole chrome faucets with a single-lever control on the top or side. They come in sleek designs, wide color choices—and with a substantial price tag. Test drive a Franke, KFC, or Grohe pullout single lever. You'll love the heft and precise mechanism, the lazy manipulation as smooth as butter. The cost may not be all that exorbitant for what you get. Some American manufacturers offer this type, too (see the

chart below).

DECIDE HOW MUCH **LUXURY YOU WANT**

While sinks differ widely in many functional aspects, faucets aren't really all that different once you spend more than \$200; same water, same operating effort, and about the same life span and serviceability, though mechanics at the low end can fail over time.

After functional criteria are met, decide on how much you want to indulge—and remember that, unlike a vacation hideaway, a great kitchen faucet is a luxury—albeit a subtle one—that you'll enjoy every day of the year.

A SATELLITE SINK NEEDS **SMALLER FIXTURES** The satellite sink is where you'll probably be doing light-duty work—filling and emptying containers, rinsing glasses, and washing vegetables. So the faucet can be correspondingly smaller and less elaborate.

Look for a high gooseneck spout and two handles. You won't need the spray. Because the sink will probably be located farther into the room, looks are important. Many bar faucets, as long as they're not dinky, will do fine, and you get more color options.

Domestic chrome units run from \$100 to \$200; Europeans around \$250 to \$350. and antiques upwards of \$400. Chicago Faucets makes an especially handsome and practical piece (50TR317) at about \$200, and Franke offers a nice contemporary unit (FF500) at about \$250.

COMMERCIAL FIXTURES GIVE YOUR KITCHEN A PROFESSIONAL LOOK

Most faucet companies make a commercial line. Ask for a

catalog and check these out: some of these fixtures can add a professional touch.

Wall-mounted faucets need about twelve empty inches above the counter;

A push-button control on the faucet

head lets you change the water supply from stream to spray.

they free up space at the back of the sink and are a breeze to keep clean. You won't get single-levers or an antique look, but you can have a longreaching, jointed spout.

Double-jointed kettle fillers are compact, two-piece, folding-arm faucets that mount to the wall right beside the cooktop. They're great for filling the stockpot when it's sitting on the cooktop.

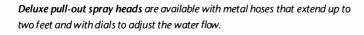
CONSIDER ACCESSORIES

Additional dispensers can be convenient, but balance their real usefulness against the fact that you'll have to clean around them.

Instant hot water is useful if you drink a lot of tea or instant beverages. Instant cold will substitute for ice water. Expect to spend close to \$400 for hot alone and another \$100 for both.

Soap or lotion dispensers can be convenient, but they tend to gum up over time, and you might forget to refill them. These cost \$50 to \$75.

Rob Morris is a cook and a kitchen designer. His design firm, Robert Morris Associates, is based in Darien. Connecticut.

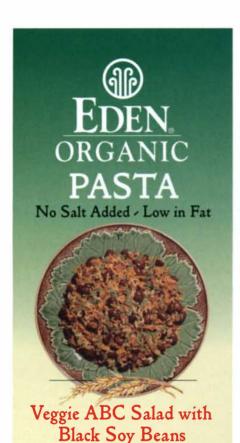


A SAMPLING	OF KITCHEN	LAUCE 12 1	OHELP	LOO 2UOL

Configuration	Materials	Base cost with spray*	Representative manufacturers
regular spout, 2 handles (domestic)	chrome	\$90 to \$170	American-Standard, Elkay, Delta, Moen, Price-Pfister
regular spout, single lever (domestic)	chrome; a few colors	\$120 to \$200	American-Standard, Elkay, Delta, Moen, Price-Pfister
high-arch spout, 2 handles or single lever (domestic)	chrome; a few colors	\$175 to \$225	American-Standard, Elkay, Delta, Moen, Price-Pfister
pull-out spray, single lever (domestic)	chrome; chrome and plastic; colors	\$250 to \$300	American-Standard, Elkay, Delta, Moen, Price-Pfister
pull-out spray, single lever top or side (European)	chrome; chrome and plastic; colors	\$350 to \$600	Franke, Grohe, Hansa, KFC
antique, 2 handles or single lever (various)	chrome; brass; pewter; copper	\$500 to \$900	Kohler, Concinnity

^{*} For a faucet without spray, deduct \$25 to \$50 from domestics and \$90 to \$130 from Europeans. Colors will add \$25 to \$75 to most faucets.

26 FINE COOKING



3 tablespoons lime juice, squeezed 2 tablespoons EDEN Olive Oil 1 tablespoon EDEN Organic Shoyu 1/2 teaspoon EDEN Organic Mustard I large clove garlic, minced 1/3 cup red onion, minced 1-150z can EDEN Organic Black Soy Beans 1 cup EDEN Organic Alphabet Pasta EDEN Ume Plum Vinegar to taste

Combine lime juice, oil, shoyu, mustard, garlic, onion and black soy beans. Cover, refrigerate for at least 3 hours or overnight. Stir occasionally. Cook pasta as package directs. Drain, rinse and add to soy bean mixture. Add ume plum vinegar to taste and additional lime juice if needed.

FREE OFFER

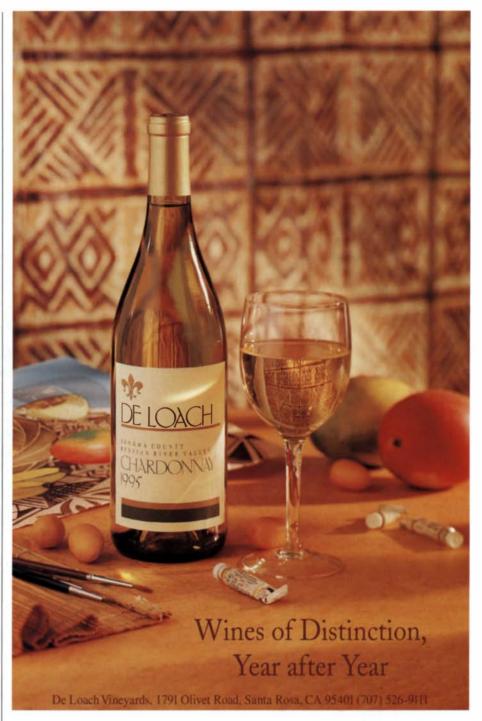
Please write or call for EDEN Pasta Recipes, featuring our 23 unique shapes & flavors. 800 248-0320





©1997 Eden Foods, Inc., Clinton, Michigan 49236

EDEN



"Don't believe some people will never be cooks." All people are cooks if they will it.

The Cambridge School of Culinary Arts

2020 Massachusetts Avenue, Cambridge, MA 02140 (617) 354-2020 Facsimile (617) 576-1963

27 OCTOBER/NOVEMBER 1997

Do you have a better way to clean fresh greens, a neat trick for handling sticky bread dough, or a new way to use an old kitchen tool? Write to Tips, Fine Cooking, PO Box 5506, Newtown, CT 06470-5506. Or send your tip by e-mail to fc@taunton.com. We pay

for tips we publish.

Seed hot chiles with a grapefruit spoon

I got tired of trying to maneuver my paring knife in tight spaces when seeding and cleaning halved serrano and jalapeño chiles, so I started experimenting. I found that a toothed, narrow grapefruit spoon does the trick. The grapefruit spoon also works well when cleaning and seeding other foods, including tomatoes and the body cavities of whole fish.

> —Iohn Seaguist. Peoria, AZ

Start with white wine for a lighter-tasting potato salad

When I'm making potato salad, I like to pour a little white wine or stock over the potatoes while they're still warm. I find that the potatoes absorb less oil this way when they're dressed, and the result is lighter and more flavorful.

> —Raymond Sienko. Southbury, CT

Keep bugs away from beans with dried chiles

To keep those nasty little pantry bugs out of your dried beans, stick a couple of dried

chiles into all your jars or bags of beans. They'll keep the bugs away.



Store some dried chiles with your dried beans to keep pantry bugs away.



Release cakes from hot pans with steam

If you have trouble removing a just-baked cake from a pan that doesn't have a nonstick surface, set the hot pan on a well-dampened dishtowel for 5 minutes. The steam it generates will help release the precious cargo.

> —Betsy Race, Euclid, OH

Bring leftover rice back to life in the microwave

I sometimes cook too much rice for dinner, and I don't like to throw the extra away. But reheating cooked rice on the stovetop can be tricky. I've found that if I put the rice into a plastic bag with a little bit of water, close the bag loosely, and microwave it on high for 4 minutes, I get terrific results. The moisture in the bag steams and softens the rice.

> —Lance Kimdi Bethel, CT

Quick-ripen bananas in the oven

If your bananas aren't ripe enough to cook with, try peeling and baking the fruit at 450°F on an ungreased baking sheet for 10 to 15 minutes until very soft. This technique acts like the natural ripening process and will sweeten your fruit in minutes.

—Suzan Gray, Carmel, CA

Store ground beef flat in freezer bags

After reading Phil Costas' article on freshly ground burgers, I thought I'd share this tip. Although I try to use only freshly home-ground beef (or any other meat),



Press portions of freshly ground beef flat for freezer storage.

there are times when I prefer the convenience of preground beef. I'll grind a large quantity of beef and divide it into smaller portions. After putting a portion of the ground meat into a zip-top

freezer bag, I gently flatten the bag until the meat is quite flat, and then seal the bag. This allows for a perfect vacuum seal, makes for quicker defrosting, and makes freezer storage much more efficient.

—Richard G. Avramenko, Red Deer, Alberta

Oven rack doubles as cooling rack

When I'm baking loaves of bread, cake layers, or cookies, I transfer the lower oven rack to a countertop before heating the oven. The rack is a great size for cooling, and it goes right back in the oven when I'm finished baking.

—Martha Davis, Inman, SC

Pulverize saffron threads in a blender

I recently bought some Kashmir saffron that's incredibly moist and fresh. When I tried to incorporate the saffron into my challah recipe, however, I couldn't pulverize the strands because they were so moist. I found that if I put the saffron threads in my blender along with the hot water called for in the recipe, the saffron dissolved completely, and the liquid turned a beautiful shade of vellow. Now there are no unsightly (and wasted) strands of expensive saffron stubbornly refusing to be incorporated into my favorite recipes.

-Karen Wood, Houston, TX



A flat rock makes a good bread warmer. Wash the rock, heat it in a 250°F oven, and slip it under the napkin in your breadbasket.

Warm your breadbasket with a heated rock

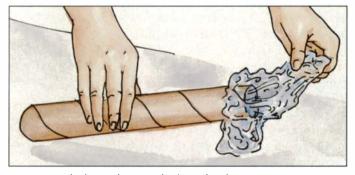
When dining, there's nothing more appealing than finding warm and fragrant crusty rolls or bread beneath the napkin in your breadbasket. Here's a way to keep buns and bread warm on your dining table. Find a smooth, flat rock that will fit nicely inside your breadbasket. Wash the rock and heat it in a 250°F oven for about 15 minutes before putting it

in the basket, under the napkin containing the bread.

—Ross Mavis, Saint John, New Brunswick

Mark cookie slices evenly with egg slicer

Before slicing the log of dough for refrigerator cookies, use an egg slicer to mark the length of the log. With a knife, cut through every mark for thin cookies or every other mark for thicker ones. The even spacing of the egg slicer's wires means that the cookies



A paper towel tube neatly stores plastic produce bags.

Keep produce bags in a paper towel tube

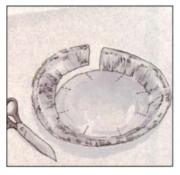
Everyone has trouble figuring out what to do with all of those plastic bags you take home from the produce department. We've discovered that an empty paper towel tube is the perfect holder. Just stuff the bags in one end and pull them out the other. You can also wrap your rubber bands on the outside of the tube to keep down the clutter in your kitchen drawer.

—Bill Apodoca & Cheryl Keller, Royal Oak, MI

Fashion a tart pan from an aluminum pie plate

If you want to make a small tart but you don't have a tart pan, use a disposable aluminum pie plate—slightly altered—as shown at right.

—Virginia Teichner, Ridgefield, CT



Cut the sides off a 9-inch diameter aluminum pie plate so that you end up with a flat disk. Cut eight evenly spaced ¾-inch slits around the perimeter of the disk.



Fold up the edges, overlapping them. You'll get a 5½-inch diameter tart pan. To remove a tart or a blindbaked shell from the pan, simply fold down the sides.



Tips

are always the same thickness. I only use the slicer to mark, not to cut, as the dough may be too hard or the log too thick.

—Isabelle Wolters, Scituate, MA

An end to mushy boiled potatoes

When you're boiling potatoes for any recipe, try this trick to keep them firm and flaky, rather than mushy and mealy. After boiling, drain the water and leave the potatoes in the pan. Cover with a folded dishtowel and letsit for about five minutes. This will give the potatoes a great texture for everything from potato salad to mashed potatoes.

—Russ Shumaker, Richmond, VA

Colander holds tube cake while it cools

My favorite tube pan has a center hole that's too narrow to fit over a bottle neck when cooling a sponge cake. After jury-rigging various contraptions to hold up the pan, I finally gave up and set the tube pan upside down in a large colander. Now I always cool such cakes in a colander. The holes allow the cake to cool properly, and the pan won't get knocked over by an errant elbow.

—Joanne Bouknight, Cos Cob, CT

Defat chicken stock quickly with ice cubes

Here's how to quickly defat stock. Toss a trayful of ice cubes into the stock, give it a quick stir, and let it sit for a minute or two. The fat will quickly solidify around the cubes and is easily lifted out. If you have time, cool the stock first, but this trick works even with hot stock. Repeat the ice treatment if there's

any fat left. Water from the melted ice that dilutes the stock can be easily boiled off.

—Heather Jones, Port Hardy, British Columbia

An empty can makes a perfect biscuit cutter

When I'm making biscuits or empanadas and I don't have the right size cookie cutter, I just use the bottom of an aluminum can. My can of baking soda is the perfect size; I just empty the baking soda into a bowl while I'm using the can.

—Sidney Simon, Boston, MA

Clean your coffee grinder with rice

I like to clean my coffee grinder with rice. I put in ¼ to ½ cup long-grain white rice and grind it to a powder. The grinding loosens the coffee residue, and the rice powder absorbs the oils.

—Michael W. Wood, San Jose, CA

Float burnt grains to the top of pilafs

If you're toasting rice or other grains to make a pilaf and they begin to burn, don't throw them all away. Instead, submerge the grains in water to cover. The few burnt grains will float to the top. Scoop them up, pour off the water, rinse again, and cover with the amount of liquid required to finish your recipe.

—Susan Asanovic, Wilton, CT

Clean fine strainers with a nailbrush

Add a new fine-bristled nailbrush to the collection of dishwashing supplies next to your sink. It works wonders on the tiny particles stuck in fine strainers.

> —Dirk Kramer, Detroit, MI ◆



That's why

a food processor that's easy to assemble and use.

Putting together the perfect meal can be mental gymnastics.

Putting together your food processor shouldn't be.



The handle has fewer interlocks and lines up simply. Small and large food chutes are permanently in place so they need no adjusting. The motor is especially powerful to speed up tasks. Precise, fast, and simple. Designed from the task backwards, bearing in mind that you'd rather be wrapped up in a recipe than a user's manual.







Cooking Casual, Hearty Bistro Fare at Home





Warm goat cheese croutons add a classic French touch to green salad. The goat cheese doesn't brown when baked, but its warm softness goes well with the crisp greens.

A slice of bistro life. This light and tangy tart feels just right following a hearty main dish.

Tender braised lamb, white beans with roasted garlic, and a lemon tart capture the easy charm of a Parisian neighborhood restaurant

BY DEBRA PONZEK

uring my cooking career, I've had the good fortune to travel frequently to Paris, where I've eaten at some of the best restaurants in the world. A meal at one of the city's famous three-star restaurants is an unforgettable experience. Every detail—from the silver to the service to the flowers to the food—is absolutely perfect. But just as memorable to me are the more casual meals we enjoyed after duckinginto another kind of French restaurant—the neighborhood bistro. A bistro meal offers a different kind of perfection. Instead of wonderful yet fussed-over food in a beautiful but starched setting, we would enjoy great home-style cooking served in an atmosphere of relaxed conviviality.

The food served in bistros—those small, informal restaurants found in every neighborhood in France—is not about breaking new culinary ground. Instead, it's about using the best seasonal ingredients to cook simple food really well—lamb braised in red wine until meltingly tender, white beans puréed with mellow roasted garlic, a light but luscious lemon tart.

Bistro food, like all comfort food, should offer a sense of relaxed well-being. It's nourishment for the soul as well as for the body. When you're at a bistro, with a carafe of the house wine on your table and the friendly chatter and clatter of diners and dishware in the background, you feel totally at ease—as comfortable as if you were in your own home.

BISTRO FOOD IS EASY TO MAKE AT HOME

A bistro menu usually includes three courses: an

appetizer, a hearty main dish, and a light dessert, sometimes just some poached or marinated fruit. Most classic bistro dishes are easy to duplicate in your own kitchen. The ingredients aren't exotic, the cooking techniques are straightforward, and many components can be prepared ahead of time. For an autumn menu that's satisfying yet not fussy, I thought back to the specials listed in chalk script on the blackboards at my favorite Parisian bistros.

Warm goat cheese croutons give green salad a pleasing French accent. You'll often find a salad with goat cheese croutons on a bistro menu. One bite and you'll see why: the soft cheese, crisp greens, and vibrant vinaigrette combine in a balanced, layered series of flavors and textures. I've also included olives, beets, and *haricots verts* (those tender, skinny green beans), but don't feel constrained to these additions. In summer, try vine-ripened yellow tomatoes in place of beets and sugar snap peas in place of green beans.



Get a deeper color and richer flavor from a quick sear. Brown a couple of lamb shanks at a time for best results.



To get the best flavor, keep pouring. Add wine to stock and seasonings for a braising liquid that reduces to a complex, delicious sauce.

Whatever else you add, use a variety of greens to give the salad a mixture of colors, flavors, and textures. I almost always include peppery or slightly bitter lettuces, such as mustard greens, arugula, or frisée. These flavors help wake up your palate, and they contrast with the creaminess of the goat cheese.

Tender braised lamb is ready when you are. In the traditional French bistro, service is quick, and the special of the day can easily go from pot to plate. The same idea holds when you're serving bistro food at home: you want a main course that can wait until you and your guests are ready to eat, something that can be made ahead of time and reheated.

Braised dishes, not surprisingly, are always on the menu in the colder months. Braising cooks the meat slowly, making it tender, while the braising liquid becomes a flavorful sauce. This braised lamb can be cooked and reheated later, and it will only taste better.

Instead of mashed potatoes, I serve the lamb with roasted garlic and white beans that are puréed to give them an appealing mashed-potato-like texture. Roasted garlic gives the beans a deeper flavor that works well with the robust lamb. Like many bistro dishes, the lamb and the beans take time—it's best to soak the beans overnight before cooking them—but it isn't time spent hovering over a pot.

Make a dessert that feels light (even if it isn't). The lemon tart in this menu has a bright, tangy, not-too-sweet taste, and the filling's texture is lighter than most fruit tarts. Walnuts give the crust a subtle flavor and a coarser texture, which counters the smooth filling, giving you a more interesting mouthful.

As you serve the tart, keep in mind that bistro meals are never rushed. Drink more espresso, linger



Use tongs to remove the cooked shanks. Reserve some of the vegetables to serve; they'll be soft but full of flavor.

34 FINE COOKING



Author Debra Ponzek assembles the salad for the first course. Once all the elements are prepared, it's just a matter of arranging them prettily on the plates.

at the table, and enjoy the conversation. After all, that's what bistro dining is all about.

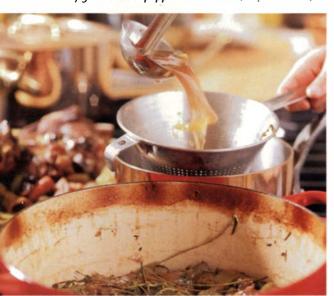
Fresh Greens with Roasted Beets, Haricots Verts & Goat Cheese Croutons

You probably won't need all the vinaigrette for this salad; refrigerate any extra for up to three days. Serves six.

FOR THE VINAIGRETTE:

1/4 cup sherry vinegar 1/2 tsp. salt 2 Tbs. finely chopped shallots 1/2 tsp. chopped fresh thyme 3/4 cup extra-virgin olive oil Freshly ground black pepper to taste

(Recipe list continues)



For a delicious sauce, strain the braising liquid. Degrease it thoroughly and simmer it to intensify its flavors.

A bistro, a café, and a brasserie— vive la différence!

Nothing says France like an old-fashioned bistro, a casual restaurant where the menu is small and the welcome large. Walk into such a place, and you'll often find the chef/owner, le patron, at the stove, and his wife, la patronne, tending the dining room and the cash register. There may be a waiter, but never a sommelier, for this is a bare-bones operation. The menu is usually limited to a few choices-grilled steak, roast chicken, pan-fried fish—because the kitchen. as well as the dining room, tends to be tight on space.

The bistro is not a special-occasion place; it's as familiar to its patrons as their own dining rooms, though likely not as fancy. Here the wine flows easily and diners enjoy good, simple food along with a sense of camaraderie.

Brasseries and cafés are also informal, but they're different from bistros. While I'll go to a bistro for my big meal of the day, I'll drop into a café for a pastry or a sandwich mixte (ham and cheese on a baguette) any time. And though I can order a glass of wine, a café's very name implies that it's a place for lingering over

a coffee or espresso

At a brasserie, which translates as "brewery." the focus is beer. And though the food can be quite good-usually Alsatian dishes like sauerkraut and sausages and platters of fresh fish and shellfish-



the fresh draught beer. Brasseries tend to be large establishments that stay open late into the night. Fun places, to be sure, but lacking the intimacy of a

-Patricia Wells is a restaurant critic for the International Herald Tribune. Her books include Bistro Cooking (Workman, 1989). She lives in Paris.

OCTOBER/NOVEMBER 1997 35 Roasted garlic and thyme turn plain white beans into a perfect accompaniment for robust lamb. A little cream gives the purée a rich flavor and a pleasing texture.



FOR THE SALAD:

3 red or golden beets, washed and dried, outer skin left on

1 Tbs. olive oil

1 baguette

9 oz. goat cheese, in log shape

34 tsp. herbes de Provence

34 tsp. chopped fresh thyme

1/2 tsp. coarsely ground black pepper

6 cups lightly packed mixed greens, such as frisée, red leaf
lettuce, and mizuna, washed and dried

1/2 lb. haricots verts, trimmed, cooked until just tender,
shocked in cold water, and drained

1/2 cup niçoise or other good-quality black olives

To make the vinaigrette—In a small bowl, whisk together the vinegar, salt, shallots, and thyme. Add the olive oil in a slow stream, whisking to emulsify. Season with pepper and more salt, if needed.

To prepare the salad—Heat the oven to 400°F. Rub the beets with the olive oil, put them on a baking sheet, and bake until fork-tender, 60 to 90 min. When cooled, peel off the outer skin and slice the beets into ¼-inch rounds.

Cut the baguette into 12 slices about ¼ inch thick. Toast under the broiler until light golden brown on one side; turn them over and lightly brown the other side. Cool. With a hot, wet knife, cut the goat cheese into 12 slices. Put a round of cheese on each slice of baguette. Sprinkle with the herbes de Provence, thyme, and pepper and set aside.

When ready to serve the salad, heat the oven to 400°F. Put the croutons in the oven until the cheese softens, about 5 min. Meanwhile, arrange a few slices of beets on salad plates. Season lightly with salt and pepper. In a large bowl, toss the greens, haricots verts, and olives with enough vinaigrette to just moisten them. Divide the mixture among the salad plates. Put a warm crouton on either side and serve.

Lamb Shanks Braised in Red Wine

I like to use a Merlot in this recipe, but any full-bodied red wine, like Cabernet Sauvignon, will give the sauce the right deep flavor. Serves six.

6 lamb shanks, about $1\frac{1}{4}$ lb. each Salt and freshly ground black pepper

3 Tbs. olive oil

2 tsp. crushed black peppercorns

2 bay leaves

8 cups homemade or low-salt canned chicken or vegetable stock

3 cups dry red wine (about 1 bottle)

2 heads garlic, halved crosswise

4 ribs celery, cut into large dice

4 carrots, cut into large dice

1 large onion, peeled and cut into about 8 wedges 1 cup thickly sliced mushrooms (about 4) Five 3-inch sprigs fresh rosemary

Heat the oven to 425°F. Season the shanks with salt and pepper. In a large, high-sided ovenproof pot, heat the oil until barely smoking. Sear the shanks in batches on all sides until golden brown. Put all the shanks in the pot; add the peppercorns, bay leaves, stock, wine, garlic, celery, carrots, onion, and mushrooms. Put the pot in the oven and cook, turning the shanks every ½ hour, until the meat is very tender but still on the bone, about 2 hours. (If making ahead, refrigerate the shanks and cooking liquid separately. Before reheating, remove the fat from the liquid. Put the shanks and the liquid in a covered roasting pan in a 400°F oven for about 20 min.)

Remove the shanks and some mushrooms and onions and cover them with foil. Strain the braising liquid into a medium saucepan, degrease carefully, and simmer gently until its flavor is intensified and its volume is reduced by about a third. Serve the shanks on top of the white bean purée (see recipe below); ladle the sauce over the lamb. Serve some of the mushrooms and onions on the side.

Roasted Garlic & White Bean Purée

For an even richer purée, warm $\frac{1}{4}$ cup mascarpone with $\frac{1}{4}$ cup milk and use that in place of the cream. *Yields* $\frac{4}{2}$ cups; serves six.



Adding the final flavorful touch to a casual, comforting bistro dish. Glazed baby carrots would be great to serve with this meal.

36 FINE COOKING

2 cups dried white beans, such as Great Northern, soaked overnight in cold water and drained

1 whole head garlic

1 Tbs. olive oil

½ tsp. chopped fresh thyme ½ cup heavy cream, warmed

13/4 tsp. salt

Freshly ground black pepper to taste

Put the drained beans in a large saucepan and add water to cover the beans by 3 inches. Bring to a boil, cover, and simmer until very tender, 1 to $1\frac{1}{2}$ hours. Meanwhile, heat the oven to 400° F. Cut off the top third of the garlic head to expose the cloves. Coat the cut side with the olive oil, wrap the garlic loosely in foil, set on a baking sheet, and roast until soft, about 1 hour.

Drain the cooked beans; put them in a food processor. Squeeze about 8 of the roasted cloves of garlic into the bowl. (The rest of the garlic will keep, wrapped, for about a week in the refrigerator.) Add the thyme and half of the warmed cream and purée. Add just enough of the remaining cream while pulsing until the purée is the consistency of mashed potatoes. Season with salt and pepper.

Lemon Tart with Walnut Crust

The recipe yields enough dough to make two crusts. You can freeze the extra raw dough, well wrapped, for up to two months. The amounts of some ingredients are listed by weight (ounces) and by volume (cups and tablespoons); use either measurement. *Yields one* 9½-inch tart.

FOR THE CRUST:

2 oz. (½ cup) chopped walnuts, toasted 6 oz. (12 Tbs.) butter, slightly softened 2 oz. (½ cup) confectioners' sugar 1 large egg 7¾ oz. (1¾ cups) flour

FOR THE FILLING:

4 large eggs

1 cup sugar

1 cup sugui ½ cup plus 2 Tbs. fresh lemon juice (from 2 or 3 lemons) ½ cup heavy cream

For the crust—In a food processor, grind the walnuts to a fine grind. You should have about ½ cup. Using an electric mixer with the paddle attachment, beat the butter and confectioners' sugar at high speed until light and fluffy. Add the egg; mix to combine. Lower the speed to slow and add the flour, mixing until barely combined. Add the walnuts and continue mixing, scraping the sides

of the bowl, until the dough comes together. Divide the dough. Wrap the half you'll be using in plastic and refrigerate for at least 2 hours or overnight. Wrap the other half well in plastic and then in foil and freeze for future use.

Heat the oven to 400° F. Lightly oil a $9\frac{1}{2}$ -inch tart pan. On a lightly floured surface, roll the dough into a round about $\frac{1}{8}$ inch thick. Arrange it in the pan, trimming to fit. Line the crust with foil or kitchen parchment and weight with beans or pie weights. Bake until the edge is light golden brown, about 20 min. Carefully remove the beans and foil and bake until the bottom is dry and light brown, about another 5 min. Cool to room temperature.

For the filling—Heat the oven to 350°F. In a medium bowl, whisk the eggs. Add the sugar and whisk until just combined. Add the lemon juice and cream and whisk until just combined. Strain the mixture through a fine strainer and pour into the prepared pie crust.

Reduce the oven temperature to 325°F. Bake the tart until the filling is set, 25 to 30 min. Cool at room temperature. Serve at room temperature or chilled.

Debra Ponzek is the chef/owner of Aux Delices, a gourmet takeout store in Riverside, Connecticut. She's the author of French Food, American Accent (Clarkson Potter, 1996). ◆



A light and bright lemon tart ends the meal on a perfect note. A crust made with ground walnuts and a silky smooth, tangy filling make every mouthful of tart deliciously interesting.



Wine Choices

Bistro food's bold flavors need full-bodied, simple red wines

Bistro dining means bold flavors in hearty, rustic dishes: garlicky, herb-lashed French country comfort foods from the stew pot, grill, and oven. Unlike classic haute cuisine, which practically demands your most elegant Burgundy and Bordeaux-style bottlings, bistro food is at its best with casual, simple wines. And they're priced reasonably, often \$10 a bottle or less, so they'll please the purse as well as the palate.

Southern France produces many fine examples. La Vieille Ferme (both white and red) and Guigal Côtes du Rhône are widely available. Reds worth a search include the peppery Château La Roque and darkfruited Domaine du Poujol, both from the Languedoc.

You'll find similar wines made elsewhere as well, including Australia's famed Shiraz (another name for Syrah); Hardy's and Lindeman's offer high quality at very low cost. Look also for Rhônestyle varietals and blends from California, such as Cline Cellars' Côtes d'Oakley, Preston's Faux, and Quivira's Dry Creek Cuvée.

—Rosina Tinari Wilson teaches and writes about wine in the San Francisco Bay Area.

OCTOBER/NOVEMBER 1997





Macaroni and Cheese Can Be Simple or Sophisticated

The keys to this comforting classic are sharp Cheddar and an infused white sauce; blue cheese and a quicker sauce make a zippy variation

The most comforting casserole. Classic Macaroni & Cheese relies on full-flavored Cheddar. You don't have to buy the expensive aged stuff, but do make sure the cheese is sharp.

BY MARY PULT & REBECCA FASTEN

t's a raw, chilly day, and San Francisco is wrapped in fog. As we put the final touches on this story, our very last, just-to-make-sure recipe test is in the oven. Mary's apartment is filled with the cozy aroma of macaroni and cheese, and on a day like today, we can't think of anything we'd rather eat.

Macaroni and cheese is the ultimate comfort food. Like many comforts, it's best when you keep it simple and straightforward. The classic baked version is our favorite, based on a white sauce to bind the casserole, with Cheddar cheese stirred in. We also like a stovetop version, in which we experiment with stronger-flavored cheeses, melting them with some cream over very low heat before tossing in the pasta.

USE GENTLE HEAT FOR A SMOOTH CHEESE SAUCE

Whether you're making baked or stovetop macaroni and cheese, you'll need to cook the cheese over very low heat and for the shortest possible time. When cheese is overheated, the protein solids and the fat separate, and it gets stringy and rubbery.

Baked macaroni and cheese needs a béchamel sauce to bind it. A béchamel is a simple white sauce that's made by cooking equal parts melted butter and flour into a smooth paste (called a roux) and whisking in milk. Shredded cheese is added to the béchamel (which is now called a Mornay sauce). The starch in the roux stabilizes the cheese, keeping



Rebecca Fasten and Mary Pult share ideas on a comfort classic.

the sauce from separating as the macaroni and cheese bakes.

Here are the keys to making a velvety, savory cheese sauce:

- Add flavor to the béchamel. We like to add a bay leaf, sliced onions, and whole peppercorns when we're putting together the roux. You'll strain them out before you stir the cheese into the thickened béchamel.
- ◆ Make a smooth sauce. Stir the roux constantly with a wooden spoon to avoid lumps, use a whisk when it's time to add the milk, and keep stirring.
- Cook out all the flour taste. Cook the béchamel for at least ten minutes, or even twenty—you want to be sure there's no starchy, pasty taste.
- Finely shred the cheese. The shreds will melt quickly when you stirthem into the warm béchamel. Again, when you cook with almost any cheese, the

Infuse béchamel with onion and herbs; then add cheese



Mix onion, bay, thyme, and peppercorns into the roux. They enrich the white sauce with flavor when you add them early on.



Add the milkin a slow, steady stream. Whisk well for a smooth sauce and stir constantly as it cooks.



Strain the sauce and then stir in the shredded cheese. The gentle heat from the white sauce is just enough to melt the cheese.



Slow and gentle keeps it smooth. Use a flameproof casserole dish so you can melt the cheese and stir the pasta right in.

heat should be gentle and the cooking time not too prolonged.

EXPERIMENT WITH A STOVETOP METHOD

Stovetop macaroni and cheese is a different approach—quick and convenient. You'll get more intense cheese flavor this way, so it's especially good for smaller, side-dish portions of pasta that you can serve with a plain main dish, and for more pungent cheeses, whose flavor can overwhelm in full-sized portions. We like to use blue-veined cheeses, such as gorgonzola and Roquefort, or to combine a few of our favorite Italian cheeses, such as full-flavored Taleggio and rich fontina.

For the stovetop mac and cheese, we combine the cheese and cream in a skillet and stir constantly over

a very gentle flame, just until the cheese melts. Again, the heat needs to be as low as possible so the cheese doesn't break and turn stringy, grainy, or oily. Toss the melted cheese and cream with the pasta and stir overlow heat for a minute or two to let the pasta absorb the cheese sauce. We like to add a crunchy topping. If you just can't wait, serve it right away, but it's also good if you run it under the broiler for a couple of minutes to toast the topping.

pungent cheeses and even nuts for a little crunch.

Experiment with

DRY PASTA IS BEST FOR ABSORBING THE CHEESE SAUCE

Use dry pasta made with semolina flour. It's sturdier and more forgiving than fresh pasta, and it's harder to overcook. And the shapes that are best for catching cheese sauce come in dry pasta form. Elbows are the classic, of course, but shells, bows, and rigatoni work well, too. We've always had success with De Cecco brand. Follow the package directions and cook the pasta in plenty of boiling salted water until it's just barely tender. This prevents the pasta from getting mushy in the casserole.

BUTTERED BREADCRUMBS ADD TEXTURE

A breadcrumb topping forms the crunchy top layer of this homey casserole. Use stale bread—the peasant-type makes especially good crumbs—and toss the crumbs with melted butter or olive oil. Simple, unflavored breadcrumbs work best on classic Cheddar macaroni and cheese, while crumbs flavored with garlic and herbs taste great on Parmesan macaroni and cheese. Mixing ground nuts with the bread-crumbs is a delicious complement to versions made with blue-veined cheeses.

KEEP YOUR VARIATIONS SIMPLE

Lately we've seen versions of macaroni and cheese that throw in lots of new ingredients, but to us, that's



Cheese makes a savory topping. Breadcrumbs are the traditional crust; mixing in cheese and nuts adds zing and texture.

not macaroni and cheese anymore. One of the most pleasing qualities of this comfort dish is its simplicity.

But one or two additions can make for inspired versions of this homey treat. Think about the cheese you're using and what ingredient might complement it. Try these combinations:

- Parmesan with sautéed mushrooms
- Gruyère with peas and ham
- blue cheese with caramelized onion
- fontina with asparagus
- goat cheese with sun-dried tomatoes
- Cheddar with bacon.

Classic Macaroni & Cheese

This tastes best if you assemble it ahead of baking time so the pasta soaks up the sauce. Sprinkle the crumb topping on just before baking. Serves six to eight.

FOR THE CASSEROLE:
1 lb. elbow macaroni
12 Tbs. unsalted butter
6 Tbs. flour
1/2 medium onion, sliced thin

1 bay leaf
1 sprig fresh thyme
9 black peppercorns
4½ cups milk
2 tsp. salt
1 tsp. freshly ground black pepper
Pinch nutmeg
6 cups (1 lb.) finely shredded sharp Cheddar cheese

FOR THE TOPPING: 1¹/₄ cups coarse breadcrumbs 2 Tbs. unsalted butter, melted

Heat the oven to 375°F and butter a 9x13-inch baking dish. Bring a large pot of salted water to a boil and add the elbows; cook until just tender following the package's directions and drain well. Melt the butter in a heavy, medium saucepan over medium heat. Add the flour, onion, bay leaf, thyme, and peppercorns; cook over medium-low heat for 2 to 3 min., stirring constantly. Slowly whisk the milk into the roux until thoroughly combined. Raise the heat to medium high; whisk constantly until the mixture boils. Simmer 3 to 4 min., stirring constantly, until thickened. Lower the heat and continue simmering for about 10 min., stirring constantly. Strain the sauce into a large bowl, removing the onion, herbs, and peppercorns. Add the salt, pepper, nutmeg, and shredded cheese, stirring until the cheese is just melted. Toss the pasta with the cheese sauce and pour the mixture into the baking dish. Toss the breadcrumbs with the melted butter and spread them over the casserole. Bake until sizzling and lightly browned on top (cover with foil if the top browns too quickly), about 40 min.

Shells with Gorgonzola

We especially like this one as a side dish to a beef filet, but if you want to serve it as a main course, you can easily double the recipe. Serves four as a side dish.

8 oz. medium pasta shells ½ cup heavy cream
1 Tbs. dry sherry (optional)
6 oz. gorgonzola, crumbled; 1 ounce reserved Freshly ground black pepper
1 slice stale bread, coarsely chopped
¼ cup chopped toasted walnuts

Bring a large pot of salted water to a boil, add the pasta, and cook until just tender following the package's directions. Meanwhile, combine the cream, sherry (if using), and 5 oz. of the gorgonzola in a medium saucepan and stir constantly over low heat until the cheese is almost melted, about 5 min. Drain the pasta when done, return it to its pot, and add the cheese sauce. Stir over mediumlow heat until the sauce thickens slightly, about 2 min. Add pepper to taste. Pour the mixture into a shallow baking dish. Combine the breadcrumbs and nuts and sprinkle the topping over the pasta. Dot with the remaining 1 oz. gorgonzola. If you like, brown the casserole under a broiler very close to the flame until crunchy and browned, about 2 min.

Mary Pult is the chef and Rebecca Fasten is the souschef at the Liberty Cafe in San Francisco, where you just might find macaroni and cheese on the menu.



Shells with Gorgonzola gets its kick from the pungent, blue-veined Italian cheese. Other blue cheeses, like Roquefort, work well, too.

Make Dinner in a Flash with

Cut thin and pounded thinner, tender chicken, pork, and veal paillards love to soak up flavor from marinades and sauces

BY JOSH EISEN

ow that I have a family to cook for, I'm forever trying to dream up dinners that are satisfying and quick to prepare. But I refuse to trade good food for speed. I want something appetizing yet quick so that my wife and I have more time to play with our son, and more time for ourselves once he goes to bed.

Recently, I rediscovered paillards (pronounced pie-YARDS)—flat, wide, boneless pieces of meat, sliced or pounded thin—that are always tender and cook up quickly. I hadn't cooked a paillard (also known as escalope, cutlet, or schnitzel), or even thought of it, since my days as a restaurant chef in the '80s. But when I began to recall all the ways I used to make paillards, I realized that they deliciously satisfy my quick-dinner requirements.

PREP AND COOK PAILLARDS IN A FLASH

When I was testing the recipes for this story, I timed myself, just for fun. One night I actually had dinner on the table in twelve minutes.

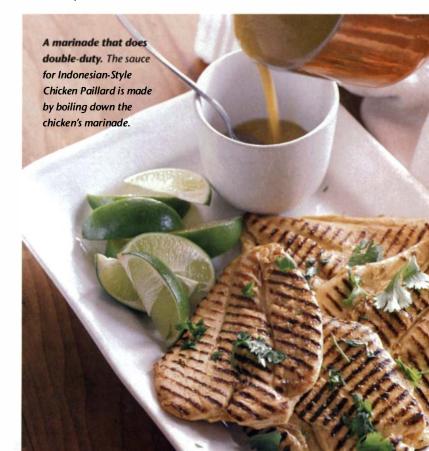
Preparation is easy. You cut and pound a slice of meat to make it thin and flavor it with a marinade or a smear of mustard (pounding helps flavorings penetrate). You can also add flavor and texture by using a traditional breading technique. The recipes here are some of my favorites, but I also like keeping things really simple: a marinade of olive oil, garlic, lemon juice, and herbs is easy and delicious. So is freshly ground pepper and salt on the uncooked meat and a squeeze of lemon or lime right before serving.

Cooking is quick. While you can grill or broil paillards, I like to cook them on the stovetop because I get the best control over this quick-cooking cut.

Serving is simple, too. Sometimes I'll sauté an accompaniment and deglaze the pan, as in the recipe for pork with apples and onion. Other times I'll cook down a marinade to use as a sauce; here I've created one that's Indonesian-inspired. For breaded paillards, I especially like



Pork with Apples & Onion has a tasty topping. The garnish and meat are cooked in the same pan for the best flavor.



Quick-Cooking Cutlets



serving a crisp salad of bitter greens as a fresh foil to the subtle, rich meat.

SLENDER SLICES POUNDED THIN ARE TASTIEST AND QUICKEST-COOKING

You can make a paillard from several different kinds of meat. A chicken breast is the most obvious, because it's a separate piece and already about the size you'll want. But a paillard can also be sliced from a piece of pork, veal, or beef. It's easiest if you have the butcher slice it, especially if you're only buying a few servings. If you want to do it yourself, though, it isn't difficult.

Cut and pound boneless chicken breast for the thinnest, most tender slice

Butterfly the chicken breast. Hold a long, sharp knife parallel to the work surface. Slice the meat almost in half, stopping 1/4 inch from the edge.



Open the sliced chicken breast like a book. Don't worry if it's a little unevenpounding will even out the meat.



Pound the meat lightly between sheets of waxed paper. Use the side of a heavy cleaver or the bottom of a small pan, and a light slapping motion. Pound each piece until it's 1/8 inch thick.



Cut the meat thin. If you're slicing veal or pork yourself, buy a piece that's a single muscle, like top round, and chill it for at least 20 minutes. If you're right-handed, lay the meat on a cutting board with the edge you'll slice from to your left. Place a long. sharp knife at about a 20-degree angle (see the photo at right). Draw the knife toward you, putting very little pressure on it. When the tip of the knife disappears into the meat, lift the knife off the meat, hold the slice that's beginning to form in your left hand and repeat. Try for an even slice 1/4 inch thick rather than a super-thin slice.

Pound the meat for easier cooking. Whether you use a heavy skillet, the side of a cleaver, or a meat mallet, pounding breaks down connective tissue, which makes your paillard more tender. Pounding also thins the meat so it takes on flavors rapidly and cooks quickly and more evenly.

USE A VERY HOT PAN AND A LITTLE BIT OF OIL

Paillards cook quickly, so once they're in the pan, watch carefully. I like to cook paillards in a grill pan, but regular cast iron works well, too, giving even, sustained heat. A sauté pan is also fine: be sure to choose a thick one so that it gets good and hot or you may end up with unevenly cooked meat and a burnt sauce. Nonstick pans, I find, don't brown paillards very well.

You'll only need a little bit of fat. In fact, the hotter the pan, the less oil you'll need. Heat your pan, add the fat, and as soon as see you just a little smoke, add the meat (if the oil starts smoking heavily, throw it out and start over). I like to use butter, especially with pork, but you'll see from the recipes that oil works, too, as does a combination. With simpler flavors, you'll need at least a little butter for the best taste.

The meat cooks quickly, so you'll have to pay attention and work fast. Cook the meat over mediumhigh heat for just a minute or so on each side, until it turns golden, and take it right out of the pan. Meat continues to cook after it leaves a hot pan, so the trick is to remove it a few seconds before it's done.

Lime & Coconut Chicken Paillards

This Indonesian-inspired marinade doubles as a sauce and is just as good with fish, pork, or beef. If you have time, use whole spices and toast and grind them. The dish is delicious hot or at room temperature. Serves four.

FOR THE CHICKEN:

4 skinless, boneless chicken breast halves (about 11/4 lb. total) 3 Tbs. vegetable oil; more for the pan

Grated zest of 1 lime

1 tsp. ground cumin

1½ tsp. ground coriander

2 Tbs. soy sauce

1½ tsp. salt

2 Tbs. sugar

2 tsp. curry powder

1/2 cup coconut milk Pinch cayenne

1 small fresh hot chile, such as Thai or serrano, minced

FOR THE GARNISH:
1/4 cup chopped fresh cilantro
1 lime, cut into wedges

Cut and pound the chicken as shown in the sidebar at left. In a bowl large enough to fit the chicken breasts, combine the oil, lime zest, cumin, coriander, soy sauce, salt, sugar, curry powder, coconut milk, cayenne, and chile. Toss the chicken in the marinade. Cover tightly and refrigerate for 1 to 2 hours.

Remove the chicken from the refrigerator; scrape off the marinade and reserve it. Heat a grill pan, cast-iron skillet, or heavy sauté pan. While the pan is heating up, put the marinade in a smaller saucepan and heat it until boiling. Reduce the heat and let it simmer for 2 min., stirring to prevent burning. Transfer to a sauce bowl.

Raise the heat under the pan to high, brush it with a little oil, and cook the chicken in batches. It will turn opaque and cook very quickly. Cook the first side for just 1 min., flip the meat over, and cook the other side until the chicken is light golden, 30 seconds to 1 min. Transfer the chicken to a warm plate; cover loosely to keep warm. Garnish with the cilantro; serve with the lime wedges and the boiled marinade as a dipping sauce.

Pork with Apples & Onion

You can use Calvados or applejack instead of vinegar to deglaze, but if you do, take the pan off the heat when you add the alcohol. *Serves four*:

1 lb. pork loin or 4 boneless pork cutlets
3 Tbs. butter
1 medium onion, thinly sliced
1 Granny Smith apple, peeled, cored, and cut into ¼-inch slices
2 tsp. Dijon mustard
½ tsp. salt
2 tsp. chopped fresh mar joram
2 Tbs. vegetable oil
2 Tbs. cider vinegar
Salt and freshly ground black pepper to taste

If using pork loin, slice it ½ inch thick. Pound the slices or cutlets as shown in the sidebar at left. In a large skillet, heat 2 Tbs. of the butter over medium-high heat. When the bubbling subsides, add the onion and apple and cook, stirring occasionally, until golden and tender, about 10 min. Meanwhile, spread the pork paillards with a thin layer of mustard and sprinkle with the salt. When the onion and apple are ready, stir in the marjoram. Transfer the mixture to a plate, wiping out the pan thoroughly, and cover the mixture to keep it warm. Turn the heat up to high and add the oil to the pan. Cook the pork in batches for 1 min. on the first side, turn, and cook until lightly browned, about 1 min. Transfer to a serving platter and keep warm.

Pour any juices from the meat platter into the pan, and add the vinegar. Deglaze—don't reduce—over medium heat, stirring and scraping up the brown bits with a wooden spoon. Return the apple-onion mixture to the pan; heat through. Swirl in 1 Tbs. butter if you like, season with salt and pepper, spoon over the meat, and serve.

Breaded Veal with a Tricolor Salad

This recipe works best with high-quality veal, but it's also excellent with turkey breast or pork. If you can, try to use breadcrumbs from a stale loaf of good peasant bread. Serve the veal right on top of the salad. Serves four.



Make sure the meat is quite cold for easier slicing and use a long, sharp knife. Don't use a sawing motion, but rather draw the knife toward you, starting with the heel of the blade and putting very little pressure on the knife.

FOR THE SALAD:

3 Tbs. extra-virgin olive oil 2 Tbs. balsamic vinegar Salt and freshly ground black pepper to taste 2 heads endive, sliced crosswise Small bunch arugula, washed and dried, tough stems trimmed Small head radicchio, torn into bite-sized pieces

FOR THE VEAL:

1 lb. top round veal or 4 veal cutlets ½ cup flour
Salt
½ tsp. white pepper
1½ cups homemade dry breadcrumbs
2 tsp. chopped fresh flat-leaf parsley
2 eggs, beaten with a pinch of salt
3 Tbs. vegetable oil
4 Tbs. butter
1 lemon, quartered

Make the salad—Whisk the oil into the vinegar in a slow, steady stream; season with salt and pepper. Just before serving, toss with the endive, arugula, and radicchio. Arrange on dinner plates.

Prepare the veal—If using top round, slice it ¼ inch thick. Pound the slices or cutlets as shown in the sidebar at left. Combine the flour, 1 tsp. salt, and white pepper on a large plate. Combine the breadcrumbs and parsley on a large plate and set this closest to the stove. Put the beaten eggs in a shallow soup bowl next to it, then the flour mixture, and then the veal. Heat a sauté pan over medium heat. Dry the veal with a paper towel and lightly season it with salt. When the pan is hot, add the oil and butter. While the butter is melting, dredge the first piece of yeal in the flour, dip it in the egg and then in the breadcrumbs, pressing the crumbs into the meat to coat it. Put the meat in the pan. Working quickly, coat the next piece of meat and put it in the pan, adding only as much meat as will fit without touching or crowding. When the underside of each piece is golden brown (about 2 min.), turn and cook the second side until golden, about 1 min., and serve atop the salad with a squeeze of lemon.

Josh Eisen lives, cooks, and writes in New York City, where he often gets a great dinner together in less than fifteen minutes. ◆

MEAT FROM A SINGLE MUSCLE COOKS UP BEST

You'll want a paillard to cook up without buckling. This is easiest if the slice comes from a cut of meat where all the muscle fibers go in the same direction.

Pork works best from the top round, bottom round, eye of the round, or the sirloin.

Veal paillards work best from the top round.

Beef paillards work best from the top round, too. You can also use flatter, more striated cuts such as hangar, skirt, and flank steaks. Just butterfly them as you would a chicken breast.

OCTOBER/NOVEMBER 1997



Herbs, cheese, or spices—plus a generous splash of olive oil—make these hand-shaped breadsticks irresistible

BY GLEE GARARD HOONHOUT

'm a lover of *la crosta*—the crust. Even as a child, when my parents took me to a restaurant, I would keep busy tearing apart the contents of the bread basket. I'd devour only the toasty, chewy crusts, leaving the pale, soft innards to be swept away with the dirty plates. My table manners have improved, but my love for the earthy, robust flavor and texture of crusty breads has not faded.

Now I'm a professional baker, and hand-rolled breadsticks—which are almost all crust—have become one of my signature recipes. At the restaurant where I bake, every meal begins with a basket of these tall, crunchy breadsticks.

OLIVE OIL AND SEASONINGS SET THESE BREADSTICKS APART

Besides the obvious superiority of home-baked vs. factory-produced, there are two important differences between my breadsticks and the pallid, dusty ones you find wrapped in paper sleeves and served at some restaurants: olive oil and zesty seasonings.

While olive oil is added to many breadstick recipes, I like to add more than what is typically called for. This liberal use of olive oil gives the sticks a more savory flavor and crisper crunch. Besides adding olive oil to the dough, I also sprinkle a bit—

along with a little salt---on the finished breadsticks as they come out of the oven. The fruitier the

flavor of the oil, the better, so a coldpressed, extra-virgin olive oil is my first choice.

Keep the flavors strong and simple. The recipes that follow are three variations that are favorites in the restaurant—fresh herb, spicy cheese, and Moroccan spice—but I'm always playing with new flavor

combinations. Through many years of experimentation, I've found that less is usually more, and my most successful recipes often require only a few ingredients added to the basic recipe. In general, I stick with a flavor theme and only add seasonings that are appropriate. For example, when making the Moroccan breadsticks, I sprinkle toasted sesame oil (instead of olive oil) on the sticks after baking to reinforce the sesame flavor in the dough. I also like to play with the shape of the sticks to take advantage of the way different spices or herbs speckle the dough, such as black sesame seeds or chopped green herbs.

CHILLING THE DOUGH MEANS A FLEXIBLE BAKING SCHEDULE

The key to making breadsticks that are truly crisp and crunchy is to roll out the dough thin—about ¹/₄ inch thick. If you try to do this with a freshly risen dough, you'll end up wrestling with an elastic, bouncy mass that shrinks back each time you roll or stretch it. You need to make the dough at least one day in advance and, after it has risen, punch it down and let it sit in the refrigerator overnight (or up to four days) before shaping and baking the sticks. The



Olive oil provides flavor and crunch. The author calls for a little more than is typical, and she sprinkles some on just-baked breadsticks, too.

gluten—which makes the dough elastic in the first place—relaxes in the refrigerator, so the dough is more supple and pliable. In addition, the flavors of any seasonings added to the dough will mingle and mature as it rests.

Since this dough will last in the refrigerator for up to four days, at home I often shape and bake breadsticks a handful at a time. This way I can have fresh ones for an afternoon snack or as an hors d'oeuvre a few times during the week without having to make the dough each time. Save any leftover dough rolled in a ball and covered with plastic to shape and bake within a few days. After four days the dough will start to ferment and begin to taste overly sour. If you want to keep the dough for longer than four days, simply freeze it. Just thaw to room temperature and proceed with the recipe. I haven't had good experience cutting and shaping the sticks in advance and freezing them. They seem to rise poorly this way.

SHAPE THE BREADSTICKS TO MATCH YOUR MOOD

The service staff at the restaurant say that they can tell my mood by how I shape the breadsticks for the day. Sometimes I leave them even and straight while other days I twist and knot them into all sorts of whimsical shapes. It's really up to you, and it depends on how creative you feel when it comes time to roll out the dough. Whatever you decide, begin by rolling the dough into a ¼-inch-thick rectangle. Then, after cutting the doughintothin strips with a pizza cutter or a sharp knife, give each a little pull and perhaps a few twists. The idea is to stretch the sticks to almost twice their original length, leaving thin strips that will bake up evenly crisp and brown.

Monitor the sticks as they bake. No matter how you roll and shape the breadsticks, there will always be some variation in baking times. Toward the end of the 20- to 25-minute baking time, check the bread-



This breadstick dough is ready for kneading. It's sticky but not wet, pulls away from the mixing bowl sides, and clings to the dough hook.

sticks and pull out any that are done. The best test is to gently pinch the sticks. If they feel firm, they're done. If they're still soft, give them a few more minutes. If you've tied the sticks in pretzel-like shapes, expect the thicker parts to remain somewhat soft even when fully baked.

Master Recipe for Breadsticks

This sturdy dough lasts for up to four days in the refrigerator, making it a snap to bake up a handful of breadsticks as a last-minute hors d'oeuvre. Amounts of flour are given by weight (ounces or pounds) and by volume (cups); use either measurement. *Yields about 40 breadsticks*.

1 tsp. active dry yeast
1 cup plus 2 Tbs. warm water (85°F)
1/4 tsp. sugar
1 lb. (3½ cups) flour
1/3 cup olive oil; more for the finished breadsticks
Seasonings from one of the variations at right
Coarse salt for the finished breadsticks



Roll the dough thin. Aim for ¼ inch—that's the secret to crisp, crunchy breadsticks.



Pull, twist, and stretch. Gently tug the strips to twice their original length and then shape according to your whim. Bake them on parchment-lined baking sheets.

Three Flavor Variations

FRESH HERB:

2 tsp. salt

2 Tbs. chopped fresh chives

3 Tbs. chopped fresh thyme

2 Tbs. chopped fresh rosemary

SPICY CHEESE:

 $1\frac{1}{2}$ tsp. salt

1 Tbs. paprika

1/2 tsp. cayenne

3/4 cup grated Parmesan cheese

MOROCCAN SPICE:

2 tsp. salt

¼ cup cornmeal

1 Tbs. sesame seeds, preferably black

3/4 tsp. turmeric

1 Tbs. freshly ground cumin seeds

1 tsp. freshly ground black pepper

1 Tbs. toasted sesame oil; more for the finished breadsticks

Make a sponge—In a medium mixing bowl, mix the yeast, warm water, and sugar until dissolved. Whisk in 6 oz. (1½ cups) of the flour until the mixture is uniform and free of lumps. Cover with plastic wrap and let it sit in a warm place until bubbly and light and almost doubled in volume, about 1 hour.

Make the dough—Whisk the olive oil and the seasonings of your choice into the sponge until well blended. Pour the seasoned sponge into the mixing bowl of an electric mixer fitted with a dough hook and set to medium speed. As the dough hook turns, gradually add 9 oz. (2 cups) of the flour. Continue to add flour until the dough is only slightly sticky, but no longer wet. When the dough begins to cling to the hook and pull away from the sides of the bowl, remove the dough from the bowl and knead by hand on a floured surface until smooth and elastic, 1 to 2 min.

Shape the dough into a ball and let it rise in an oiled bowl, covered with plastic wrap, until about doubled in bulk, about 3 hours. Once risen, punch down the dough and refrigerate it overnight or for up to 4 days.

Shape and bake the breadsticks—Let the dough sit at room temperature for about 1 hour before shaping it. Heat the oven to 375°F and line several baking sheets with kitchen parchment. Roll out the dough on a floured surface into a 12x20-inch rectangle, about ¼ inch thick. Using a pizza cutter (or a long, sharp knife), cut the rectangle lengthwise into two sections (each about 6 inches wide). Then cut each section into narrow strips about ½ inch wide. Stretch and twist each strip to almost twice its original length and arrange the strips, ¼ inch apart, on the baking sheets.

Bake the sticks until golden and crispy, 20 to 25 min. Check them periodically as they bake, as some sticks inevitably end up thinner than others and will bake faster. They're done if they feel firm when pinched.

Sprinkle the sticks with olive oil (or sesame oil for the Moroccan flavored sticks) and coarse salt as soon as they come out of the oven. Let them cool completely before serving. They will stay fresh in an airtight container for up to 2 days.

Glee Garard Hoonhout is the baker at Rialto in Cambridge, Massachusetts. ◆

When the dough is

this smooth, you're

kneading for just a

minute or two, the

done kneading. After

dough will feel elastic.

Photos: Ben Fink

Choosing Bread-Baking Tools You'll Really Use

Get advice from a seasoned baker on equipment that can really make a difference in your baking

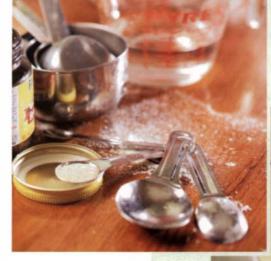
BY MAGGIE GLEZER

ve always been an impassioned baker, even when I didn't have much room to work. I started in a tiny student-housing kitchen with not much space for anything, and bread baking, which required so few tools, turned out to be entirely feasible. My very first yeasted bread didn't turn out too well, but I

vowed to get it right. My determination prevailed—and I fell in love with breadmaking.

I've long since moved out of student housing and into a bigger kitchen. Through years of baking, I've learned which breadmaking tools are useful and which are superfluous. To decide what you really need (as opposed to what will just end up looking impressive on a shelf), consider this: your breadbaking outfit should expand with your commitment.

You can bake good bread with just a few basics



Measuring cups and spoons will get you going. You don't even need a big bowl—you canmixand knead bread dough on any work surface.



Start out with a loaf pan or even a castiron skillet or a gratin dish to bake the bread in; just be sure the container is food-grade and ovenproof. I'd advise against coffee cans—the lead sealants in the cans can leach into the bread.

Add some useful pieces as your skills develop



A big mixing bowl made of metal or plastic is lightweight, sturdy, and easier to maneuver and wash than a heavier ceramic bowl. A long-handled wooden spoon makes the initial mixing neater.



Oven mitts provide thorough protection for your hands, making it easier to rotate breads and move hot baking stones and oven racks.

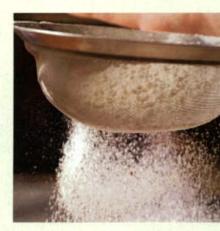


A baking stone provides an immediate rush of heat to the dough so it expands fully before the crust sets. Only with a baking stone can you get hard-crusted, professional-caliber bread at home. In theory, preheated metal baking sheets will also jolt the dough, but because metals quickly conduct intense heat, they can end up burning the bottom of the bread. Be sure that the stone is at least 4 inches narrower than your oven width to allow for proper heat circulation.

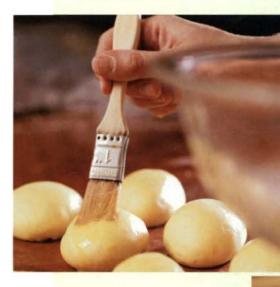
You don't have to spend a lot on a baking stone: unglazed ceramic tiles can work. The tiles must be unglazed because sealants can produce toxic fumes. And some ceramics can contain high levels of lead. Be sure to buy American-made tiles; they're lead-free by law.

While many bakers will tell you to leave the baking stone in the oven all the time, I like to take it out when I'm not baking bread. An oven uses more energy and takes longer to heat up when the stone is in it.

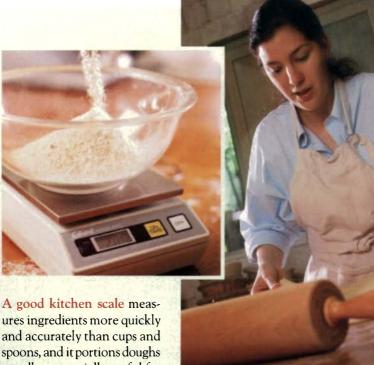
Use simple tools for polished detailing



A fine sieve will sprinkle flour evenly over shaped breads for a rustic look.



Pastry brushes clean excess flouroff the dough and evenly apply glazes and water before baking. Buy the best quality—a brush that sheds is really annoying.



equally—especially useful for professional-looking rolls.

Single-sided razors make clean, beautiful cuts. A professional-style lame—a razor with a handle—is nice, but it isn't worth the expense. (The main benefit is speed. The handle makes it easier to slash lots of loaves quickly, which is helpful for production bakers.) Scissors expand your cutting repertoire even further. Any good stainless-steel pair with sharp points is great for snipping little cuts for interesting edges, patterns, and other decorative effects.



A long, heavy, ball-bearing-type rolling pin will help you to roll out dough quickly and easily for layering with butter or shaping into filled buns, fancy rolls, and coffee cakes. This kind of pin is easier on your hands than the simpler dowel-type when you're

bearing down hard to roll out dough.

A dough cutter, also called a bencher or a pastry scraper, is a baker's proverbial right hand: it scrapes, divides, and shapes-you can even use it to knead. A metal-bladed cutter with a wooden or metal handle is best because it won't buckle under stress as a plastic one can.



Water spritzers are handy for spraying the loaves just before baking, though a pastry brush or even your hand works just as well. I find that spritzing water into the oven is a waste of time; it won't give you nearly enough steam to improve the crust. Instead, spray the loaves directly.





Silicone-coated baking liners work just like kitchen parchment except they're reusable. Best of all, nothing—not even baked-on egg wash or pastry cream-sticks to them.

Professional equipment can spiff up your breads



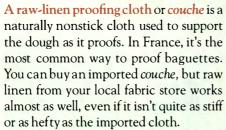
A planchette or wooden flipping board easily moves proofed dough from the couche to the peel. The thin, light, wooden board helps you gently maneuver the fragile dough without deflating it.

Fancy oven peels are a pretty self-conscious piece of equipment—any light, strong, rimless sheet will shift breads into the oven. A rimless baking sheet is good, or try a similar-size piece of masonite board from the hardware store.



Heavy-gauge metal baking sheets and loaf pans won't warp, and they offer more even heat distribution. They're especially good for soft-crusted breads as well as pastries. Heavy molds for sweet breads are beautiful, too. These pans will last a lifetime if you wash and dry them thoroughly right after baking, and if you season the pans that need it.

Baguette pans are fine if you have them, but I wouldn't rush to buy any. I prefer the handmade, artisan look you get from proofing bread in a cloth or a basket and baking it on a stone. Baguette pans tend to give more of a molded, massproduced appearance.



Special rising containers are unnecessary. Bread can be put to ferment in any container at all, as long as you can cover it. I usually let my dough rise in a covered pot; a stockpot is good for a really large batch.



Bannetons or proofing baskets are used to support the shaped dough in its final rise. They come in many shapes and sizes, some lined with raw linen. The unlined baskets—especially the coiled wicker versions from Germany—will imprint the pattern of the weave onto the surface of the bread, which I think is a lovely detail.

Add some power to your kneading



Food processors can mix perfect bread dough very quickly. They can only handle a loaf or two at a time, so buy the biggest capacity you can afford, and use the metal blade. Not all processors have motors powerful enough to mix bread dough, so check the box, which should tell you if the machine will handle bread dough. I've had good experience with Cuisinart.

Heavy-duty mixers work best with breads that have some eggs or fat (or both) in them, such as sandwich bread or cinnamon buns. They're also great for the whipping, creaming, and blending that cake baking needs. They don't do as good a job with doughs that contain no fat or eggs, such as European-style peasant bread.

An oblique mixer may be for you if you bake in large quantities and have the oven space to do so. The revolving, twopronged fork will mix up the most gorgeous dough imaginable, but you'll need a little practice to operate this mixer: you have to "break" or maneuver the work bowl as the dough is mixing. (The machine mixes one area of the dough at a time, which allows you to monitor more closely but does require maneuvering.) Oblique mixers are easy to clean and very sturdy. And they ring in at about \$1,250.

Maggie Glezer writes about and teaches breadmaking in Atlanta.

EOUIPMENT SOURCES

Prices can vary considerably, so shop around before you buy.

For proofing cloths, proofing baskets, and flipping boards: FBM Baking Machines, 2666 Rt. 130, Cranbury, NI 08512; 800/449-0433.

For a huge selection of professional-quality kitchen equipment and bakeware: Lamalle Kitchenware, 36 W. 25th St., New York, NY 10010; 800/660-0750.

For the Santos Brand French oblique mixer: Bakery Equipment Service, 118 Nevin Ave., Richmond, CA 94801; 800/842-4005.

Good all-around home breadbaking sources: The King Arthur Flour Baker's Catalogue, PO Box 876, Norwich, VT 05055; 800/827-6836. Sur La Table, 1765 Sixth Ave. South, Seattle, WA 98134; 800/243-0852.

OCTOBER/NOVEMBER 1997 53

Stuffing Vegetables For

Try onions with prosciutto, mushrooms brimming with blue cheese, and a new twist on stuffed peppers

BY GORDON HAMERSLEY

t my restaurant, I'll serve a stuffed artichoke as an appetizer, a stuffed portabella alongside a grilled steak, and a stuffed eggplant as the main event for a vegetarian dish. Yet when it came time to write this article and I was asked why I like to stuff vegetables, I was stumped. Do I chalk it up to human nature—that when we find an empty space, we want to fill it? Or do I like the fact that stuffing a vegetable inspires me to create a happy marriage between the vegetable and the filling in both flavor and texture? Or does it have more to do with the fun of actually eating the "bowl" the food comes in?

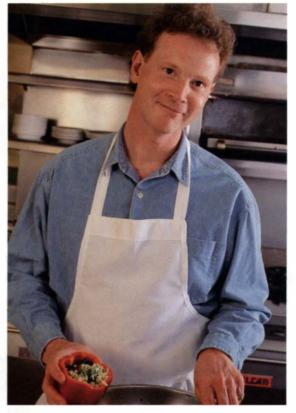
Beats me.

All I know is that I do it, I like to do it, and my customers like me to do it. And once you try these recipes, which are easy yet full of flavor, you'll want to do it, too.

A GOOD STUFFING VEGETABLE HOLDS FOOD AND HOLDS UP TO COOKING

Early in my cooking career, I worked as an underling in a posh French restaurant. There I was given the task of stuffing piles and piles of tiny white mushrooms with a paste-like filling that I wasn't even allowed to taste. The tedium of filling each little cap was enough to drive even the most enthusiastic young cook to consider a new line of work.

Now that I have my own restaurant, I avoid such pointlessly fussy work, and I don't torture my staff that way, either. So when it comes time to stuff a vegetable, I avoid cherry tomatoes, sugar snap peas, and anything else smaller than my thumb. A good stuffing candidate must be of a reasonable size, have a natural or potential place to put the stuffing, and have a texture that will hold up during cooking. Onions, peppers, artichokes, eggplant, squash, and tomatoes all work well. So do mushrooms—as long as they're big ones.



Author Gordon Hamersley picks a pepper.

THE FILLING SHOULD FIT THE VEGETABLE IN MORE WAYS THAN ONE

When stuffing vegetables, think about strong flavors that come in small packages. Garlic, cheese, herbs, and spices are all critical to keeping the flavor of the stuffing vibrant. I look for flavors that seem to go together naturally. Meaty portabella mushrooms, for example, go wonderfully well with my favorite accompaniments to steak: caramelizedonions, tangy blue cheese, and red wine. Onions, a staple in the Italian kitchen, seem a natural home for a simple stuffing of breadcrumbs, prosciutto, and Parmesan. And once I decided on orzo in place of the more traditional rice for the stuffed peppers, Greek ingredients—feta cheese, olives, and oregano—came to mind.

A starch, such as cooked rice, pasta, potato, or bread, helps bind the filling. You don't need a lot of binder, however. I remember experimenting with stuffing cabbage leaves with salt cod, peppers, and garlic. Because I feared that the stuffing would just collapse and stream out of the cabbage if I didn't bind it with a good amount of bread, I used a *lot* of bread. What I ended up with was a salt cod and garlic softball suitable for an after-work pickup game.

Orzo in place of rice inspires a whole new take on classic stuffed peppers. Tangy feta cheese, briny olives, assertive kale, tart lemon juice, and savory oregano all meld into a satisfying and vibrant filling.

More Flavor in Every Bite



Make room for the stuffing

Choose vegetables that have a natural hollow for the stuffing, but make the hollow bigger by scraping, scooping, or trimming.



Make space in a portabella by scraping off its gills. Gently run a spoon across the mushroom, pulling off just the gills and not the flesh below.



A no-tears way to hollow an onion. Partially cook the onions before scooping out the insides, which you'll chop for the filling.

A LONG BRAISE SOFTENS AND ADDS FLAVOR

Braising is usually my first choice when cooking a stuffed vegetable. This way, the vegetable cooks slowly and tenderly, while the liquid around it adds flavor. I generally don't cover the pan while the vegetable braises because I like the roasted flavor that the uncovered vegetables take on.

Sometimes I partially cook the vegetable before stuffing and braising it. This precooking gets rid of excess moisture, as in the mushroom recipe, or caramelizes the vegetable for extra flavor, as in the onion recipe. The final cooking then brings the flavors of the filling and the vegetable together.

Red Peppers Stuffed with Feta, Orzo, Lemon & Oregano

Cooking the peppers uncovered gives them a delicious, slightly roasted flavor. Serve them with a little of the pan juices spooned over them. *Yields 4 peppers*.

4 Tbs. olive oil
1 medium red onion, cut into large dice
2½ oz. kale, washed and torn into bite-size pieces (2 cups lightly packed)
Salt and freshly ground black pepper to taste
1⅔ cups cooked orzo, cooled (from ¾ cup raw orzo)
Grated zest from ½ lemon
1 to 2 Tbs. fresh lemon juice (from about ½ lemon)
¼ lb. feta cheese
1 tsp. chopped fresh oregano or ½ tsp. dried
1½ tsp. chopped fresh thyme
1 Tbs. chopped fresh flat-leaf parsley
8 kalamata olives, pitted and chopped
4 medium red bell peppers
1½ cups dry white wine or water

Heat the oven to 350°F. Heat 2 Tbs. of the oil in a large skillet until moderately hot. Add the red onion and cook over moderate heat, stirring occasionally until soft, about 5 min. Add the kale and cook, stirring often, until



A red pepper is practically ready-made for stuffing. Just trim away ribs and shake out seeds. Look for pretty peppers with relatively flat bottoms so they stay upright as they bake.

wilted and tender, 5 to 7 min. Season with a little salt and pepper and reserve.

In a medium bowl, combine the onion and kale with the orzo, lemon zest, lemon juice, feta cheese, oregano, thyme, parsley, and olives. Toss gently until combined and season with salt and pepper.

Slice off the top $\frac{1}{2}$ inch of each pepper and reserve. With a paring knife, cut away the ribs and discard. Turn the pepper upside down and pat it to get all the seeds to fall out. Divide the orzo filling among the peppers. Replace the top of each pepper.

Put the peppers in a medium baking dish and sprinkle them with the remaining 2 Tbs. olive oil, salt, and pepper. Pour the wine in the pan. Bake until the peppers are very tender and slightly blackened on top, about $1\frac{1}{2}$ hours.

Roasted Onions Stuffed with Prosciutto & Parmesan

This is a great side dish for braised or roasted meats. *Yields 4 onions*.

4 medium onions
2 Tbs. olive oil
1½ cups dry white wine
Salt and freshly ground black pepper to taste
2 sprigs fresh thyme
¾ cup dry breadcrumbs
½ cup grated Parmesan cheese
¼ lb. prosciutto, coarsely chopped
2 Tbs. heavy cream
1½ tsp. chopped fresh thyme
1 Tbs. chopped fresh flat-leaf parsley

Heat the oven to 425°F. Slice off the top quarter of the onions. Peel them and trim the bottoms just enough to make them sit flat.

Heat the oil in a heavy-based ovenproof skillet until hot. Put the onions, cut side down, into the pan and cook just the cut side until well browned, about 5 min. Take the pan off the heat. Turn the onions cut side up and pour

the wine over them. Sprinkle them with salt and pepper. Add the thyme sprigs to the pan and bake the onions until just tender when poked with a knife, about 1 hour.

Remove the onions from the skillet (reserving the liquid in the pan) and let them cool slightly. With a spoon, scoop out the inside of each onion, leaving a rim $\frac{1}{4}$ to $\frac{1}{2}$ inch thick (about two layers of onion). Chop enough of the scooped-out onion to make about $\frac{1}{3}$ cup.

In a medium bowl, mix the chopped onion with the breadcrumbs, Parmesan, prosciutto, cream, chopped thyme, and parsley. Season with salt and pepper. Divide the filling among the hollowed onions, return the onions to the skillet with the liquid, and put the skillet back in the oven. Bake until the onions are very tender and the filling is hot, about 20 min. Serve with some of the pan juices spooned over the onions.

Portabellas Stuffed with Blue Cheese

These are delicious with steak. For a great main-course salad, toss some spinach with a little olive oil and balsamic vinegar, top with the mushrooms, and pour the hot pan juices over the leaves to wilt them. *Yields 4 mushrooms*.

4 Tbs. olive oil
1 large onion, sliced
3 cloves garlic, minced
1 Tbs. chopped fresh thyme
Salt and freshly ground black pepper to taste
1 cup port
2½ oz. spinach leaves, washed and coarsely chopped
(4 cups loosely packed)
4 medium portabellas (stems removed), wiped clean

2 oz. blue cheese

Heat 2 Tbs. of the oil in a large skillet until moderately hot. Add the onion and cook until soft and lightly browned, about 15 min. Add the garlic, thyme, salt, and

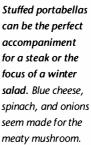


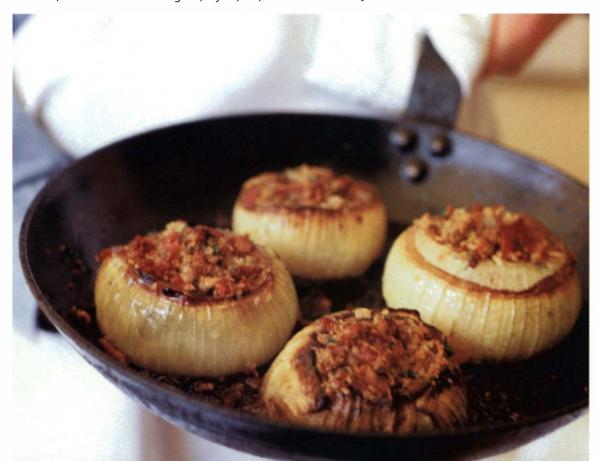
pepper and cook for another 5 to 7 min. Add the port and cook until the liquid is reduced by about two-thirds, about another 10 min. Add the spinach and cook until it's wilted. Set aside in a mixing bowl; wipe the skillet clean.

Gently rub a spoon on the underside of the mushroom caps to scrape off the gills. Heat the remaining 2 Tbs. of olive oil in the skillet until hot. Add the mushrooms, gill side up, and cook over medium-high heat for 2 min. Flip and cook for another 2 min. Flip the mushrooms again so the gill side is up. Season with salt and pepper.

Top each mushroom with the onion mixture, pouring the juices over the mushrooms. Add 1 Tbs. water to the pan and simmer, covered, until the mushrooms are barely tender, about 5 min. Crumble the cheese on top, cover, and cook until the cheese has melted, about 2 min.

Chef Gordon Hamersley and his wife, Fiona, own Hamersley's Bistro in Boston. ◆





Sweet roasted onions get an Italian treatment. They're packed with prosciutto, Parmesan, breadcrumbs, and parsley.

Treat Yourself to Old-Fashioned Gingerbread

With its moist, tender crumb and warming ginger flavor, humble gingerbread satisfies better than more glamorous cakes



months. Sniff spices before you use them: if they don't have a strong aroma, throw them out.

BUTTER AND BAKING SODA MAKE GINGERBREAD RISE

My version of gingerbread borrows from two classic cake types—creamed cakes and blended cakes. Creamed cakes rise because air is beaten into the butter when it's creamed with the sugar. Blended cakes rely on chemical leavens. In this recipe, I start with creamed butter for the texture and of course for the flavor it gives. But adding the heavy molasses to the batter deflates some of the air that's been beaten into the butter, so I add baking soda to make sure that the cake has a light, porous texture.

Butter will cream most easily when it's at room temperature, about 70°F. At this temperature, it's pliable enough to trap air into the batter. Make blending easier and the batter smoother by being sure that the eggs and molasses are also about the same temperature. If they're too warm, they could melt the butter; too cold and they'll make the butter hard again.

Because molasses is slightly acidic, this recipe calls for baking soda. The alkaline soda reacts with the acid to produce carbon dioxide, which causes the cake to rise. The baking soda also neutralizes some of the acid flavor in the molasses.

To be sure that the cake rises properly, bake it right after mixing the batter. The baking soda will start to produce carbon dioxide the moment it touches the acid in the molasses: if the batter stands long before baking, it will release too much carbon dioxide into the air, and little will be left to leaven the cake.

GINGERBREAD ANY TIME OF DAY

My favorite way to eat gingerbread is with lots of whipped cream—a soothing foil to the spicy cake. I sweeten the cream with maple syrup rather than sugar. The earthy mapleflavorgoes wonderfully with gingerbread. Served plain with a cup of tea and a

good book, gingerbread is a restorative snack. I never worry about leftovers; toasted gingerbread slathered with butter is this baker's favorite breakfast.

Old-Fashioned Gingerbread

If you like, dust the gingerbread with confectioners' sugar and present it on a platter. I like to serve it straight from the baking dish. The amounts of flour and butter are given by weight (ounces) and by volume (cups or tablespoons); use either measurement. Yields one 8x8-inch cake.

8¼ oz. (1¾ cups plus 2 Tbs.) flour
1½ tsp. baking soda
2¼ tsp. ground ginger
½ tsp. ground cinnamon
¼ tsp. ground cloves
Pinch salt
1½ oz. (5 Tbs.) butter, softened at room temperature
½ cup sugar
1 large egg
¾ cup dark molasses
¾ cup cold water
FOR THE WHIPPED CREAM:
1 cup heavy cream (not ultrapasteurized, if possible)

1/4 cup maple syrup

Heat the oven to 350°F. Butter an 8x8-inch cake pan. Sift together the flour, baking soda, ginger, cinnamon, cloves, and salt onto a sheet of waxed paper. Set aside.

In a large mixing bowl, beat the butter until light and creamy. Add the sugar and continue beating until light and fluffy. Add the egg and beat until well combined. Scrape down the sides of the bowl and pour in the molasses in a slow, steady stream, beating all the while. Add half of the sifted dry ingredients and mix just until well combined. Mix in the remaining dry ingredients. Slowly pour in the cold water and stir until well incorporated.

Pour the batter into the prepared pan and bake until a skewer inserted in the center comes out clean, 35 to 40 min. Let cool in the pan about 1 hour before serving.

Beat the cream until thickened. Slowly pour in the syrup and continue beating until the cream holds soft peaks. Cut the cake into squares; serve with the whipped cream.

Barbara Bria Pugliese, a baker at Take the Cake Bakery in Guilford, Connecticut, teaches baking and pastry at Peter Kump's New York Cooking School.

Dark molasses is less sweet, better for cooking

I love the earthy, almost smoky flavor of molasses, but until I started research for this article, I didn't know much about it. What I found out is that molasses is made from sugar cane. A byproduct of the processing of white sugar, molasses is the syrup that's left over once the sugar is separated from the juice of the cane. The sugar is extracted in three stages, and each stage produces a different grade of molasses. After the

first boiling, the molasses is relatively light bodied with a sweet, mild taste. This type of molasses, sometimes labeled "mild flavor," is used as table syrup for pancakes, biscuits, and the like.

Second comes dark molasses. Less sweet with a rich, full flavor, dark molasses is better suited to cooking. Use it in gingerbread or add a spoonful to baked beans. Look for the words "dark" or "robust flavor" on the label. Blackstrap molasses is what's left after the final extraction. With only the faintest hint of sweetness, blackstrap molasses is very dark and bitter—definitely an acquired taste.

You often see recipes
that warn against using sulfured
molasses, but the truth is that
sulfur is now rarely used in the processing of molasses. Once used to



clarify the sugar cane juice, sulfur causes an allergic reaction in many people, and most processors have stopped using it.

Making an



"Mole needs a mild broth." says Rick Bayless.
"Rich stocks can throw the flavor out of balance.
I make mine with turkey parts."

Mexico's most famous dish blends chiles, spices, nuts, and seeds into a vibrant sauce full of intricate flavors—here paired with turkey

BY RICK BAYLESS

tasted *mole* for the first time at a roadside eatery in Central Mexico when I was a sixteen-year-old tourist. At first I wasn't sure what to think, but the lustrous, mahogany-colored sauce and bits of meat intrigued me. One bite led to another, and by the time I'd finished, a passion had been born.

These days, when I talk about *mole* to North Americans, many immediately respond, "Chocolate chicken, right? Not for me." But in Mexico, mouths water at the thought of this dark, complex sauce made from driedchiles, nuts, seeds, spices, and, yes, a bit of chocolate.

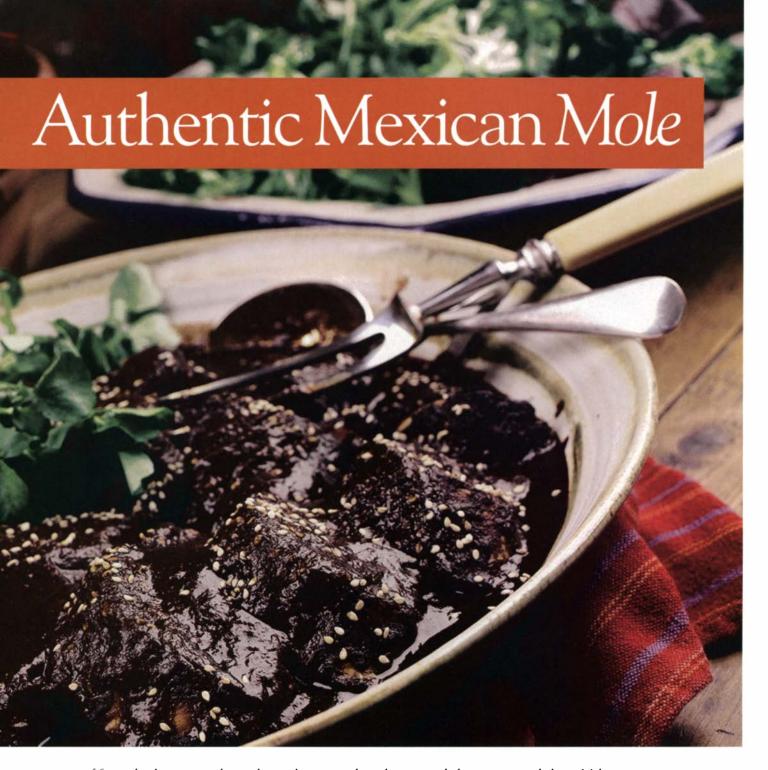
Mole (pronounced MOH-lay) belongs to a family of sauces that has deep roots in Mexico. The name itself is Aztec for sauce, reflecting the influence of the original inhabitants of the land. Every town, every family, has its favorite versions. They span the spectrum of colors, textures, and flavors. (Oaxaca boasts seven moles that range in color from spring green to yellow, rust, and black). All moles are thickened with nuts and seeds, but they don't all have chocolate in them (in the best versions that do, chocolate is used only in small proportions, as you'd use a spice), and homemade moles, if prepared with care, avoid the bitterness often associated with the commercial versions.

But of all the varieties of *mole*, none surpass the rich, dark-skinned beauty called *mole poblano*. This famous dish from the Mexican state of Puebla takes its surname from its place of origin. The toasted, rehydrated red chiles that are the soul of this *mole* create



Mole is Mexico's celebration dish. At once earthy and refined, mole is one of the most soulful expressions of the Mexican kitchen.

notos: Ben Fink



a core of fruity depth, spice, and complexity that is embroidered with almonds, coriander seeds, anise, cloves, and chocolate.

MOLE'S FLAVOR IS DEVELOPED IN STAGES

Mole-making begins with toasting or frying the individual ingredients, puréeing them, and then searing and reducing the purée. Broth is added and the sauce is left to simmer. Each step, each ingredient, adds a different dimension to the sauce, yet the whole sings in beautiful harmony. Mexican cooks say that the best mole is one from which no individual flavor stands out.

Mole poblano (pronounced poh-BLAH-noh) takes about six hours to prepare. About three of those are

relatively unattended simmering or baking. Making the *mole* all in one go, however, doesn't allow it to develop the most flavor (nor does it leave the cook in much of a mood for a party). It's easiest to spread the preparations over three days.

Day 1—Complete the recipe through puréeing the chile and tomato mixtures. Make a turkey broth. Cover and refrigerate the two purées and the broth. Day 2—Sear the two purées, combining them to complete the sauce. Brown the turkey and bake it in the sauce. Cool the turkey and the sauce separately, cover, and refrigerate.

Day 3—Skin and slice the turkey, heat it with the sauce, and serve.

OCTOBER/NOVEMBER 1997 61

Fry and soak the dried chiles



Stem, seed, and devein the dried chiles, reserving 2 teaspoons of the seeds. Tear all the chiles into large pieces.



Heat ¹/₄ cup of the lard or oil in a large pan. When hot, fry a few of the chiles at a time for several seconds until they turn nut brown. Transfer them to a large bowl, letting as much fat as possible drain back into pan. Cover the chiles with boiling water, weight them to keep them submerged, soak at least 1 hour, and drain.

Combine the tomato with the chocolate; grind the spices



In a large bowl, break up the tomato with the back of a spoon. Add the chocolate to the tomato.

MAKING MOLE WITH TURKEY SIGNALS A FESTIVITY

In Mexico, *mole* on the stove usually means a fiesta is in the making. A whole turkey, which can feed at least twelve people, is a traditional choice for *mole poblano*, but almost all *moles* are flexible about which

meats they can be paired with. Chicken, duck, pork, and beef are all delicious with this sauce.

When you bake the turkey, take care not to overcook it. The USDA says to cook turkey to 170°F, but I'm willing to assume responsibility for eatingmy turkey cooked to 150°F, the right temperature, I believe, for the moistest breast. The turkey will be reheated in the sauce and if cooked to too high a temperature, it could easily dry out.

Rich and complex

mole poblano represents

a uniquely Mexican

approach to cooking.

The sauce, not the meat,

is the centerpiece

of the meal.

CHILES ARE THE CORNERSTONE OF ALL MOLES

To prepare an authentic *mole poblano*, you must have the traditional triumvirate of chiles: mulato, ancho, and pasilla. Without these chiles, your *mole* just won't have the breadth of chile flavors essential to the dish.

If your only experience with chiles has been a little jalapeño added to salsa for spice, you'll be shifting

gears here. First, not all chiles are *picante* (certainly not as hot as a hot jalapeño), and second, the less hot ones (fresh poblanos and reconstituted dried anchos, for instance) are used as the base of many sauces, in the same way we're accustomed to using tomatoes. This is a uniquely Mexican approach,

made possible by the wide variety of chiles—in all heat levels—available in the Mexican marketplace.

Each chile has a unique flavor, and it's the flavor of chiles that makes mole poblano unique. Ancho (pronounced AHN-choh), the common dried chile in the Mexican kitchen, gives the sauce earthy and fruity flavors (you'll taste hints of cherry, prune, and fig) and mild to medium heat.

The tangy woodsiness of the true pasilla gives depth

to the sauce. Not at all sweet and quite astringent, pasilla (pah-SEE-yah) has a deep, complex flavor that goes on and on. It's sometimes labeled *chile negro* or *chile pasilla mexicano*.

Mulato chile distinguishes *mole poblano* from most other *moles*. Though many *moles* include some mulato, only in *mole poblano* does it play a major role.

With a mortar and pestle or a spice grinder, pulverize the peppercorns, cloves, aniseed, and cinnamon stick. Add these to the tomato mixture.

Mulato (moo-LAH-toh) offers a slightly anisey tartness, the taste of darker fruits like prunes and cooked cranberries, and the earthiness of coffee or bitter chocolate.

When shopping for dried chiles, be aware that mulatos and anchos look almost identical and are occasionally confused by those who label them. Tearing open a chile and holding it up to the light will help you tell the difference—the ancho is reddish and somewhat translucent, while the mulato is almost opaque black-brown. Or to be sure you're getting the right one, buy them from a reliable mail-order source.

The optional chipotle chile brings smokiness and a little extra heat to the mix. Chipotle (chih-POHT-lay) is simply a smoke-dried jalapeño. It has a great sweet, smoky flavor. For this recipe, use canned chipotles *en adobo*—the tomatoey, vinegary sauce in which chipotles are commonly preserved.

LARD LENDS AN AUTHENTIC ROASTY FLAVOR

Since most of *mole*'s essential ingredients are first browned, the browning medium—lard—plays an important role in the final flavor. This doesn't mean *mole* must be heavy or greasy. Good cooks work carefully, completely draining each ingredient, so that there's little fat in the finished *mole*. Mexican butchers render lard over a fairly high fire so it has a roasted flavor not found in the milder American versions. Just a little of that Mexican lard adds

Toast or sauté the individual ingredients to bring out their flavor



In a dry skillet set over medium heat, toast the sesame, coriander, and reserved chile seeds, one kind at a time, stirring, until lightly browned. Add to the tomato mixture.



Heat another ¼ cup of the lard or oil in the skillet. Add the almonds and stir frequently until browned through, about 4 minutes. Remove, draining well, and add to the tomato mixture. Add the raisins to the hot oil and fry, stirring constantly, until they puff (as shown). Drain well and add to the tomato mixture.



Add the onion and garlic to the hot fat and cook over medium high, stirring frequently, until browned, 8 to 9 minutes. Press on them to drain the excess fat and then transfer the onion and garlic to the tomato mixture.



If necessary, add a little more fat to the pan, and then fry the tortilla until browned, break it up, and add it to the mixing bowl. Add the bread to the pan, quickly flip it over to coat both sides with fat, and then brown it on both sides. Tear into large pieces and add to the tomato mixture.

OCTOBER/NOVEMBER 1997

Purée in a blender for a smoother, more flavorful sauce



First, purée the drained chiles and the chipotle. Work in three batches and add just enough broth to keep everything moving, about ½ cup. Pulsing will help. Strain the purée through a medium sieve to remove any unground skins and seeds. Purée the tomato mixture in the same way. Set aside the two purées separately.

Brown the turkey to add a rich complexity; sear the purées to concentrate their flavor



To leave behind browned bits that will give rich flavor to the mole, heat another ½ cup of lard or oil in a large pot (at least 8 quarts) over medium-high heat. Pat the turkey pieces dry with paper towels and brown them in the hot fat, 3 to 4 minutes per side. Transfer the browned turkey pieces to a roasting pan large enough to hold them comfortably.



Pour off the fat, leaving just a light coating on the bottom of the pot.

Set the pot over medium-high heat.

Add the chile purée: it should sear and sizzle sharply, never losing the boil. For smoothness, it must concentrate to a paste: stir constantly until the purée darkens and is very thick, about 5 minutes. The tomato mixture purée goes in next; stir it for several minutes until everything's thickened once again.

tremendous roasted pork flavor. For authenticity, look for good-flavored lard at an ethnic butcher.

If lard is not for you, use vegetable oil—an adequate substitute when you consider that there are so many other flavors at work. Whichever fat you use, just be sure to skim any that remains from the surface of the sauce. The flavor will stay in the sauce even after the fat is gone.

A BLENDER IS THE BEST TOOL FOR PUREEING MOLE

Historically, *mole* ingredients were ground on a sloping, basalt grinding stone called a *metate* (pronounced meh-TAH-tay). The effect is the same as stone-grinding through a mill, and indeed nothing can compare with the texture and flavor of a *mole* made with a *metate*. But easy-to-use blenders, not back-breaking *metates*, are the grinding tools of choice in today's Mexican kitchen, even though they're actually finely chopping—rather than crushing—the ingredients.

Food processors can also be used to make *mole*. You'll trade convenience for a less smooth, less flavorful sauce, however, since processor blades neither move as fast as nor grind as well as those of a blender. It will be clear when you're straining the purées: the nut-and-seed mixture puréed in a food processor will leave considerably more unwanted bits in the strainer than a purée from a blender.

These hints will help you get the smoothest texture for your *mole*:

- Don't purée more than half a blenderful at a time.
- Don't add more liquid than is necessary to keep the mixture moving through the blades; if it's too thin, the entire mixture won't be drawn through the blades.
- Stir the ingredients, blend on low until everything is uniformly chopped, and then blend on high until the purée is smooth when rubbed between your fingers.
- Always strain the mixture.
- If the sauce looks coarse or gritty after simmering, reblend it until smooth.

Simmer the *mole* to allow the flavors to meld



Stir in 5 cups of broth until smooth, partially cover, reduce the heat to medium low and let simmer gently, stirring occasionally, to bring all the flavors into harmony, about 45 minutes. Taste and add salt and sugar as needed. The sauce should be the consistency of heavy cream. If it's too thick, thin it with a little broth.

Mole Poblano

Mexican chocolate is made with sugar and often cinnamon, almonds, and vanilla. You can substitute unsweetened cocoa at one-third the volume. *Serves 12 to 15*.

16 medium dried mulato chiles (about 8 oz.) 5 medium dried ancho chiles (about $2\frac{1}{2}$ oz.) 6 dried pasilla chiles (about 2 oz.) 3/4 cup lard or vegetable oil; more if needed 1 large ripe tomato, roasted or broiled until the skin is lightly blackened, peeled, and cored (or 3/4 of a 15-oz. can of whole peeled tomatoes, well drained) About 2 oz. Mexican chocolate, roughly chopped (or ²/₃ oz. unsweetened cocoa) 10 black peppercorns (or a scant 1/4 tsp. ground) 4 cloves (or a generous 1/4 tsp. ground) ½ tsp. aniseed (or a generous ½ tsp. ground) 1-inch piece cinnamon stick (or about 1 tsp. ground) 1/4 cup sesame seeds; more for garnish 1/2 tsp. coriander seeds Heaping 1/3 cup (2 oz.) unskinned almonds 1/3 cup raisins (about 2 oz.) ½ medium onion, sliced 2 cloves garlic, peeled 1 stale corn tortilla 2 slices stale white bread 1 canned chipotle chile, seeded (optional) About 2½ qt. poultry broth, preferably made from turkey 10- to 12-lb. turkey, cut into 8 pieces About 2 tsp. salt About 1/4 cup sugar

For the method, follow the photos starting on p. 62. Be sure to read all the captions before you start.

Bake the turkey and mole together



Heat the oven to 325°F. Pour the sauce over the turkey in the roasting pan and bake until the turkey is tender but still moist and registers 150°F on an instant-read thermometer, 1½ to 2 hours. Remove the turkey from the pan, spoon off any accumulated fat, taste, and reseason with salt and sugar.

SOURCES FOR DRIED CHILES & MEXICAN CHOCOLATE

The CMC Company PO Box 322 Avalon, NJ 08202 800/262-2780

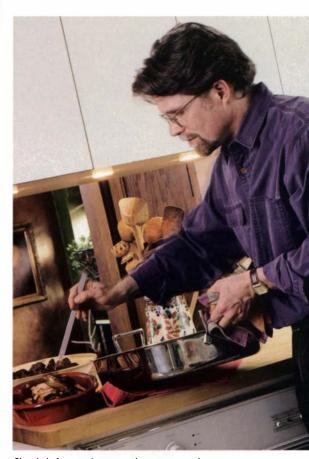
Coyote Cafe General Store 132 West Water St. Santa Fe, NM 87501 800/866-4695

Dean & DeLuca Catalog Dept. 560 Broadway New York, NY 10012 800/221-7714

Mo Hotta Mo Betta PO Box 4136 San Luis Obispo, CA 93403 800/462-3220



When the turkey has cooled, skin each piece and cut the meat from the bone in large pieces, slicing against the grain. Arrange the meat on two or three large heatproof serving dishes.



Shortly before serving, pour the sauce over the turkey, cover, and heat in a 350°F oven for 15 to 20 minutes. Immediately before serving, spoon some sauce from the edges over the turkey to give it a glistening coat and sprinkle it with sesame seeds.

Rick Bayless is the chef/owner of Frontera Grill and Topolobampo in Chicago. He's the author of Rick Bayless's Mexican Kitchen (Scribner, 1996) and Authentic Mexican (Morrow, 1987).

OCTOBER/NOVEMBER 1997 65



Pears Add a Luscious, Buttery Touch to Dessert Favorites

A tart, a crisp, a sorbet, and—of course—a poached pear show off the full flavor of this fabulous fall fruit

BY FRANK McCLELLAND

grew up on a farm in New Hampshire, where my grandfather tended his pear trees with paternal pride. In early autumn, we'd all pick the pears, and my grandmother would make her fragrant pear jam, pear tarts, and wonderful pear crisps.

Funny how life turns out. When the opportunity arose to buy the restaurant where I worked as a souschef, I gladly kept the restaurant's name—L'Espalier. An espalier is a trellis on which fruit trees, especially pear trees, are trained. Now pears have become a calling card for the restaurant: they're on our letterhead, they're part of the decor, and they're almost always featured in a dish on the menu.

Though I use versatile pears in savory dishes their richness complements game, and I love pairing spicy Seckel pears with foie gras—I have the most fun playing with pears in all kinds of desserts, from the classic poached pear to a creamy pearand-Champagne sorbet. A pear can do just about anything an apple can do, but in my opinion, a pear can do it just a little bit better.

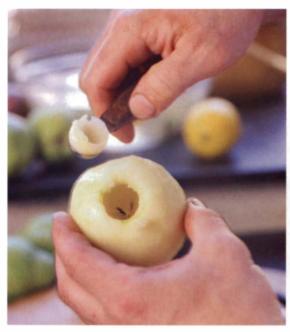
FIRM FALL PEARS ARE BEST FOR BAKING

As with most produce nowadays, you can get almost everything year-round, but you'll get the best flavor from pears that are in season. Fall is the best time to find abundant, dependable, and delicious pears for cooking and baking. Fall varieties such as Anjou, Bartlett, Bosc, Comice, and Seckel are generally firmer and less juicy than summer varieties like French Butter, so they're great for poaching and baking.



"When peeling pears, follow the contour of the fruit," says Frank McClelland. To retain the pear's shape, begin at the stem end and use a paring knife or peeler to pull away just the skin.

Choose smooth, unblemished, firm pears and bake with them before they fully ripen. Though a carefully ripened pear is wonderful for eating out of hand, slightly underripe pears work better for cooking and baking. Very juicy ripe pears can result in a heavy cake or tart. If they're soft and gritty to begin with, cooking will only accentuate those qualities. To test for ripeness, gently press the pear at the stem end. If there's just the slightest give, the pear is ripe enough to bake with.



To core a whole pear, use a melon baller. Push the smaller end into the bottom of the pear and turn it to bore a hole. Coring this way leaves the stem end intact.

How long it takes to poach or bake a pear depends on how ripe it is. When cooking with pears, use the time given in a recipe as a guide and periodically test them for tenderness with a slender knife or skewer.

Delicious pear desserts can be made on a moment's notice. If you're fortunate enough to have perfectly ripened pears on hand, you need go no further than serving them along with some cheese and a glass of Sauternes for a perfectly satisfying end to a meal. Pears have an affinity to many cheeses, but some favorites of mine are Roquefort, mascarpone, pecorino, and Brie.

For quick-cooking pear desserts, try sprinkling halves of peeled and cored Anjous with a little brown sugar, nutmeg, lemon juice, and rum. Run them under the broiler until the topping is bubbly and serve the warmed pears with a scoop of vanilla ice cream. Or sauté slices of pears in brown butter—add a little sugar for color and a splash of bourbon for flavor, if you like. Serve the pears warm over shortcake or use them as a filling for crêpes.

And don't forget that poaching pears is really just a matter of simmering them in a syrup made from sugar and water. You can experiment with the poaching liquid by using brown sugar, honey, or maple syrup in place of the sugar, or by using fruit juice or wine in place of some or all of the water. Flavorings are limitless, starting with the traditional split vanilla bean and lemon zest, and including whole cloves, fresh ginger, star anise, and even fresh herbs such as mint, basil, or lavender. After poaching, you can reduce the liquid to a glaze and use it as a sauce for the pears.



A pear is also easy to core when it's cut in half. Use a melon baller to scoop out the seeds and fibrous core.

Pears Poached in Port with Mascarpone

I usually garnish this dessert with hazelnut praline, but a sprinkling of chopped toasted hazelnuts is a simpler way to add a nutty, crunchy contrast. Serves four.

2 cups inexpensive ruby port, such as Taylor's, Meier's, or Ficklin
½ cup sugar
½ cup water
4 small pears, such as Seckels
1-inch piece cinnamon stick
1 whole clove
5 whole green cardamom pods
Strips of zest from ½ orange
Strips of zest from ½ lemon
6 whole black peppercorns
8 oz. mascarpone (about 1 cup)
1 Tbs. sugar
1 Tbs. Frangelico or 1 tsp. vanilla extract
½ cup hazelnuts, toasted, skinned, and chopped

In a small, deep saucepan, bring the port to a boil over high heat; let it boil rapidly for a few minutes to burn off the alcohol. Lower the heat, add the sugar and water, and simmer, stirring until the sugar dissolves. Remove the pan from the heat.

Peel the pears and core them from the bottom, leaving the stem intact. As you do this, add them to the syrup. (The syrup should cover the fruit. If not, add more sugar syrup made from equal amounts of water and sugar.) Add the cinnamon, clove, cardamom, orange and lemon zest, and peppercorns. To keep the pears moist as they cook, cover them with parchment or cheesecloth.

Return the pan to the stove and bring to a gentle simmer. Poach the pears until tender when pierced with a skewer or knife, 15 to 30 min. Remove from the heat and let cool in the syrup. (You can cook the pears up to a day ahead. Cover and refrigerate them in their syrup; turn them once for even coloring.)

Just before serving, beat the mascarpone, sugar, and Frangelico with an electric mixer until soft peaks form. Divide among four dessert plates. Arrange the pears on the mascarpone. Taste the poaching liquid and reduce to concentrate the wine flavor if necessary. Drizzle a little of the liquid over the pears and top with the hazelnuts.

Pear & Champagne Sorbet

Juice from 1/2 lemon

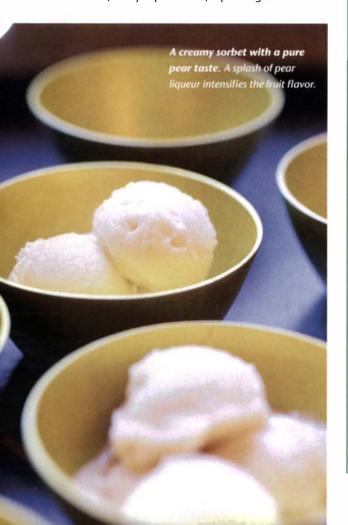
Juniper berries add depth to the otherwise sweet pear flavor, but the sorbet is also delicious without them. *Yields 5 cups.*

1½ cups water
1½ cups sugar
¾ cup Champagne or dry white wine
5 pears, peeled, halved, cored, and cut into chunks
8 juniper berries, crushed with the back of a knife and
tied in cheesecloth (optional)
1 Tbs. Poire William eau de vie
1 vanilla bean
1 piece of orange zest, about 1x3 inches

In a large, heavy-based saucepan, combine the water and sugar over high heat. Stir occasionally until the sugar is dissolved and the syrup is simmering, about 5 min. Remove from the heat. You should have about 2 cups.

To the sugar syrup add the Champagne, pears, juniper berries, Poire William, vanilla bean, and orange zest. Simmer over medium-low heat until the pears are very tender, about 15 min.

Take the pan off the heat. Remove the orange zest, vanilla bean, and juniper berries, squeezing the cheese-





A homeypear crisp can be made with ingredients always on hand. Keeping the sugar and spices to a minimum lets the delicate, buttery flavor of the pears come through.

The pears of autumn

From October to April, you'll find wonderful, firmfleshed pears in the market that are perfect for poaching and baking.

Anjou (or d'Anjou) are large, yellow-green, and sweet. Probably the easiest pears to get your

phands on, Anjous are the workhorse pears, great for eating and for cooking as long as they're a little underripe.

Harder to find but also delicious is the red d'Anjou, which is slightly smaller and firmer.

Bartlett pears are best in early fall.
If you find them much later, they'll
probably have lost some flavor.
Bartletts come in yellow and red
varieties. I like to roast the smaller, brightred Bartlett whole to use in savory dishes.

Bosc pears have a long, thin neck and lightly rusted skin. I like them for cooking because they hold their shape well. Available from fall to spring, Boscs are also quite tasty for eating out of hand.

Comice pears are wonderful eaten fresh. They have a fine-grained flesh and delicate flavor. Serve them with nuts, cheese, and a glass of Sauternes for a simple after-dinner treat.

Tiny Seckels have a sweet and spicy flavor. Their thicker skin and firm flesh makes them perfect for poaching and preserving.

hotos: Kathryn Kleinm



Sliced pears are nestled into bubbling caramel for a tarte Tatin.

As the pears cook, they absorb the caramel's rich, buttery flavor.

cloth. Purée the pears and liquid in a blender. Add the lemon juice. Strain the purée into a large bowl set over ice to cool. Freeze the purée in an ice-cream maker, following the manufacturer's instructions.

Pear & Brown Sugar Crisp

My grandmother would add a tablespoon or so of bourbon to her pear crisp filling. She called the addition "a little flavoring." *Serves six*.

FOR THE TOPPING:

3/s cup flour
5 Tbs. butter, softened
3/4 cup rolled oats (instant or old-fashioned oatmeal)
1/2 cup firmly packed light brown sugar
Pinch salt

FOR THE PEAR FILLING:

3 lb. pears (about 6 large) such as Bosc or Bartlett, peeled, halved, and cored
1 Tbs. fresh lemon juice
2 tsp. vanilla extract
½ to ½ cup sugar
½ tsp. ground cinnamon
Pinch ground cloves
4½ tsp. cornstarch

To make the topping—In a food processor, combine the flour, butter, oats, brown sugar, and salt; pulse until the mixture starts to hold together. Set aside.

To make the filling—Heat the oven to 350°F. Cut the pears into pieces about 1 inch long by ½ inch thick. In a large bowl, mix the pears, lemon juice, vanilla, ½ cup of the sugar, the cinnamon, cloves, and cornstarch; toss to combine. Taste and add more sugar if you like.

To bake the crisp—Pour the pear mixture into an 11x7-inch ovenproof baking dish or into individual ramekins. Cover with the topping. Turn the oven down to 325°F. and bake the crisp until the top is golden brown and the pears are tender, 70 to 80 min. Serve warm or at room temperature.



An almond-flavored crust gets draped over the pears. Chilling the dough first makes it easier to handle.



Folding over the excess dough gives the dessert a homey look.

The tarte Tatin bakes until the crust is golden.

Pear Tarte Tatin with Almond Pastry

Caramelized pears take the place of apples in this classic dessert. The amounts for flour, butter, and nuts are listed by weight (ounces) and by volume (cups and tablespoons); use either measurement. Serves six.

FOR THE PASTRY:

#White Pasiki.

#Who so the Pa

FOR THE CARAMELIZED PEARS:

3 lb. pears (about 6 large), peeled, halved, and cored 1 Tbs. minced fresh ginger tossed with 1 tsp. sugar ½ cup sugar ¼ cup water 1 oz. (2 Tbs.) unsalted butter

To make the pastry—In a food processor, combine the flour, butter, salt, and sugar. Pulse briefly until the mixture

To caramelize the pears—Cut the pears lengthwise into ½-inch-thick slices. Toss them with the ginger-sugar mixture. Heat a 9-inch cast-iron or other heavy-based pan with an ovenproof handle over medium-high heat. Add the sugar and water; swirl the pan to combine. Watch the sugar syrup carefully as it bubbles. When it turns light



A quick—but careful—flip inverts the tarte. If any caramel stays in the pan, just scrape it onto the tarte.

brown, add the butter and cook, stirring gently with a wooden spoon, until the caramel is an even, deep brown. Remove the pan from the heat and let the caramel cool slightly. Carefully arrange the pear slices in the caramel in a single concentric layer. Top with additional pear slices, continuing the circular pattern until the pears reach the top of the pan. (They'll shrink as they cook.) Return the pan to medium-high heat and cook until the pears on the bottom layer are fork-tender, 20 to 25 min. Remove from the heat and let cool slightly while you roll out the dough.

Heat the oven to 450°F. Roll out the dough on a floured surface into a 10½-inch round and drape it over the pan of pears to cover. (If the dough is still cool, you can pick it up with your hands; otherwise, gently roll the dough onto the rolling pin to move it to the pan.) Fold the excess dough onto itself to form a rough border. Press the crust down onto the pears to compress them slightly.

Lower the oven temperature to 400°F. Bake the tarte until the pastry is crisp and golden brown, about 45 min. Let cool in the pan for about 15 min. Carefully invert the tarte onto a serving plate with a rim to catch the caramel. Pour any caramel that stays in the pan over the tarte.

Frank McClelland is the chef/owner of L'Espalier in Boston. ◆



Thecrust now holds layers of pretty pears and yummy warm caramel. The tarte is best eaten while still warm.



Wine Choices

Sweet, versatile Muscats match pears deliciously

If you don't usually think of serving wine with dessert, think again: the right choice can make both partners taste even better. All it takes is a wine with enough sweetness to stand up to the sugar in the dish, with a similar overall body (light, medium, heavy), and with flavors that match or harmonize with the flavors in the dessert.

Sweet Muscat wines make delightful and versatile partners to pear desserts. Fresh, fruity, and floral, they come in a wide range of styles and can actually be colorcoded according to body.

Choose paler ones for delicate dishes like the pear sorbet: Robert Pecota's Moscato d'Andrea or St. Supery's Moscato; a French Muscat-de-Beaumes-de-Venise such as Domaine de Durban or a sparkling Moscato from Asti, Italy. Medium-toned bottlings will match the pear crisp and the tarte Tatin: try the coppery Muscat de Beaulieu by BV or honey-colored Antigua Muscat de Frontignan by Merryvale. Deeper-hued Muscats are perfect for the poached pear: try Quady's Elysium Black Muscat or Seppelt's Rutherglen Show

Muscat from Australia.

Another option is to continue the pear flavor in the glass. Califomia's St. George Spirits crafts both a high-proof, dry *eau de vie* and a sweet, liqueur-like fortified wine called Poire Rayle—sheer essence of Bartlett.

Rosina Tinari Wilson teaches and writes about food and wine in the San Francisco Bay Area.

Photos of coconut products: Sloan Howard. All others: Steve Hunte

Choosing coconut products for desserts and ethnic dishes

You may be used to tasting coconut only once or twice a year in a cream pie or as a filling for a candy bar, but now that Indian, Thai, Caribbean, and Vietnamese cuisines are becoming popular, you'll see more recipes that call for coconut in one of its many forms. Here are descriptions of those you're most likely to find.

Shredded coconut, sweetened—The common supermarket variety, also called



Sweetened shredded coconut, left, is typically used in desserts. The unsweetened version, right, is better for curries and soups.

grated coconut, is the shredded white meat of fresh coconut that's been sweetened for use in desserts and candies. Most brands use preservatives and sulfites to keep the coconut moist and white. Many bakers prefer long shreds over

short flakes because the shreds look more dramatic on top of cakes and other confections. Toast sweetened coconut in the oven until light brown for a more pronounced flavor and sprinkle it over fruit or ice cream.

Shredded coconut, unsweetened—Sold in plastic bags in health-food stores and ethnic markets, this is simply the shredded flesh of the coconut. It's sometimes called desiccated coconut, as it tends to be quite dry. Canned and frozen shredded coconut are moister than what's sold in bags, but these products can be hard to find. Unsweetened

shredded coconut is used in curries. stews, and soups. It's also easily transformed into coconut milk or cream, and it can be used in desserts, either toasted or not.

Coconut milk-An important ingredient in Thai cooking, coconut milk can be

used in stews, curries, vegetable dishes, and sweets, or in place of water, stock, or dairy milk. Coconut milk is not the liquid inside the coconut (which is actually a thin, cloudy liquid called coconut water that's rarely sold). Coconut milk is extracted from grated or chopped coconut flesh by soaking it in hot water, coconut water, or dairy milk, pulverizing the mash, and straining it. When left to sit in a cool place, both homemade and good-quality canned coconut milk will separate into cream and milk. The cream is often stirred

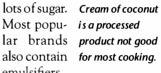
> back into the milk for a smooth, uniformly rich liquid (but if you prefer a thicker. richer, more intense taste, use only the cream). Coconut milk will last indefinitely in an unopened can, but it's as highly perishable as its dairy counterpart once the can

is opened. Refrigerate the milk and use it within three days. It can also be frozen for up to two months.

Cream of coconut—Not

to be confused with coconut cream and definitely not interchangeable in recipes, cream of coconut is a processed product made with coconut cream and

Most popular brands emulsifiers.



stabilizers, and preservatives to keep the cream smooth. Cream of coconut is best used in blender drinks like piña coladas and in desserts.

Coconut cream—Just as heavy cream rises to the top of unpasteurized milk, coconut cream is simply the thick, congealed coconut fat that rises to the top of homemade or good-quality canned coco-



Canned coconut milk isn't sweet, but it's rich in flavor.

Keeping flour-thickened sauces silky

If you've ever made béchamel, clam chowder, or any other flour-thickened sauce or soup, you've probably spent time trying to skim off the skin that forms on the surface as it cools. Removing this unappetizing skin can be tricky since it tends to break up and create lumps in your otherwise perfectly smooth mixture. The best way to deal with this annoyance is to stop the skin from forming in the first place.

Protect the surface of a sauce or soup with a thin layer of butter. While the liquid is still warm, lightly dab the top with a pat of butter until there's a thin sheen of melted

butter over the entire sauce. This protective layer keeps the surface soft and skinless. Restaurant chefs often apply the same principle to large batches of soup or sauce by gently ladling a thin layer of melted butter onto the surface. When it's time to reheat and serve the sauce, simply stir in the butter.

A second method, without butter, requires close monitoring. If you don't mind tending to your sauce or soup as it cools, you can also prevent a skin from forming by stirring it constantly until it's completely cool. The action of your whisk or spoon doesn't allow



Keep a sauce silky with a thin layer of butter. Stab a pat of butter with a fork and drag it across the surface of a warm sauce. The butter will melt and form a protective layer.

the skin a flat surface to form on. Stirring also helps speed cooling.



No de-boning.

No searching for spices.

No overnight marinating.

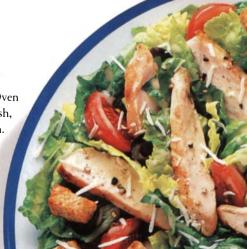
No paper cuts.

We've just taken all of the adventure out of cooking.

Jim Perdue



PERDUE® SHORT CUTS® Carved breast meat from Perdue chicken in five flavors: Oven Roasted, Italian, Honey Roasted, Lemon Pepper, and Mesquite. An easy way to make fresh, fully cooked chicken part of any recipe, without all the "fun" of starting from scratch.



BASICS

nut milk. Sold in cans, it's best used in desserts or in small doses in stews, curries, and soups, as it's extremely rich. Occasionally coconut cream is sweetened to prolong its shelf life. Check the label for ingredients, but in general even the sweetened cream is only lightly so and still can be used in savory dishes. Canned coconut cream can be diluted with water and used in place of coconut milk.

Powdered coconut milk and cream—A convenient alternative to the highly perishable coconut milk and cream, these powders can be reconstituted to whatever strength you like. While they



Powdered coconut milk and cream are acceptable substitutes for the liquid products.

won't taste as good as their fresh counterparts, they're a fine substitute when used in more complex dishes. The powders contain no sugar.

Coconut sugar—Derived



Coconut sugar is used in Thai desserts.

can't find it, it can be replaced with light brown sugar.

tions. If you

Preparing pans so baked goods won't stick

The best defense against cakes and muffins that stubbornly stick to the pan is to properly prepare the pan before you add the batter, either by greasing or by greasing and flouring.

GREASE THE WAY FOR EASY BAKING

The quickest way to prepare pans for baking is to simply smear a thin, even layer of grease—shortening, butter, oil, or pan spray—over the inside of the pan. This creates a slippery surface that encourages cookies and other batters to spread as they bake and then slide right off when done. Be careful not to overgrease: in the heat of the oven, a heavy layer of grease can begin to fry the bottom and sides of whatever you're baking.

Most bakers prefer shortening over butter. Shortening has no taste, it's inexpensive, it won't brown or burn, and it's always spreadable. Butter gives a sweet, rich flavor, but since it can brown or burn at a relatively low temperature, it makes a darker, more toastytasting crust than shortening does. Using clarified butter prevents browning, but it also removes much of butter's desirable taste.

Spread the grease evenly. Baked goods will stick to any spot you miss, so apply a thin, even coat and pay attention to corners and edges. It's best to paint shortening or softened butter on the pan in even strokes with a pastry brush so you don't miss a patch. If you use crumpled waxed paper or a butter wrapper, remove excess grease with a paper towel; this also helps even out heavy and sparse spots. For a thoroughly greased pan, grease it once, pop it in the freezer for 5 or 10 minutes to set, and then add a second light coating.

Vegetable pan sprays are handy for greasing small muffin tins and loaf pans, which can be hard to reach into.

DUST WITH FLOUR FOR ADDED INSURANCE

Some batters—especially those made with chocolate, fruits, and nuts—are notoriously sticky and need more than grease to keep the sugars from caramelizing and adhering to the baking pan. A greased pan can also cause problems with delicate cakes and batters that are intended to rise. Instead of climbing, these batters will actually slip and slide on the well-lubricated sides of the pan, leaving the cake dense and flat.



Paint the pan with a pastry brush. Brushing on butter or shortening in even strokes ensures that you won't miss a spot.



Add a few tablespoons of flour and then tilt, shake, and turn the pan until a light dusting adheres evenly to the entire surface. Invert the pan and tap it to remove excess flour.

The best insurance against both problems is to dust the greased surface with a light coating of flour. The flour creates a smooth, thin, sealed crust on baked goods that helps them slide from the pan without resistance. Flour also gives high-rising baked goods something to cling to as they rise during baking.

Some pan sprays come mixed with flour. You can also make your own pan coating from equal parts oil, shortening, and flour. Once mixed, this spread can be kept for months, tightly covered, in the refrigerator. Simply let it soften at room temperature before using it.

Prepare your pans before you mix ingredients so delicate batters don't have to wait. If your kitchen is warm, refrigerate the pans until you're ready to use them. If you're reusing a baking pan, let it cool enough to wipe it clean and reapply a fresh coat of grease and flour; otherwise, the coating will begin to burn.

Molly Stevens wrote all three Basics pieces. A freelance food writer and editor, she's a contributing editor for Fine Cooking. ◆

COOKING

New ideas... tested methods... great advice!

Now you can cook with confidence. All the great cooking you ever wanted to do is yours in Fine Cooking magazine, the food and cooking authority for people who love to cook.

- Discover new foods, ingredients, recipes and processes from every region of the country.
- Prepare memorable menus from sensational soups to delicious desserts.
- Get practical advice, inspirational ideas and time-saving tips.
- Use simple, step-by-step methods to bake, fry, steam, smoke and even brew.
- Plus...full-color photos and illustrations show you exactly how it's done.

To order, use the coupon below or call toll free, 1-800-888-8286 and ask for operator W513.

Risk-Free Offer

1 year (6 issues) only \$30 (Outside the U.S. \$37, GST included).

If at any time you aren't satisfied with *Fine Cooking*, we'll gladly refund your money in full.

NAME	
ADDRESS	
CITY	
STATE	ZIP
☐ My paymer	nt is enclosed.
Please bill	A □ AMEX □ DISCOVER ne.
Please bill r	ne.
Please bill r	

Iaunton
M A G A Z I N E S
for fellow enthusiasts

☐ Please do not make my name available to other companies.



The French Culinary Institute

invites you to take the "Predictive Index", a powerful diagnostic tool, to discover your food career profile and learn which of our programs is for you: culinary, pastry or bread baking.

Turn your passion into your profession!



For an appointment, call 212.219.8890 or 888.FCI.CHEF (outside NYC) 462 Broadway (at Grand Street) New York, NY 10013-2618 http://www.frenchculinary.com

COOKING

SUBSCRIBER LIST SERVICE

Occasionally, we make our subscriber list available to companies whose products we think might be of some interest to you. If you prefer not to receive this mail, just send a note with your mailing label (or an exact copy) to the address below.

We'll take care of the rest.

Subscriber Service Department

The Taunton Press, P.O. Box 5506, 63 South Main Street, Newtown, CT 06470-5506

from the first pressing. They taste and smell distinctly of the nuts from which they're made. Inferior oils are often extracted from the second pressing of the nut paste and have hardly any flavor and almost no aroma. The best oils also start out with top-quality nuts—

onto round mats, layered

with metal discs, and then

stacked into a vertical press.

brand. The best nut oils, like

the best olive oils, are made

Oil quality differs by

to offer the intricate richness of their high-quality counterparts. Look for nut oils made by artisan producers who take the time to toast the nuts before pressing to give the oil a richer, toastier flavor.

Nut oils are relatively expensive, and the cost of the oil climbs proportionately with quality and the type of nut. Walnuts vield the most oil, so walnut oil is the least expensive nut oil. Manufacturers who simply steam the nuts to save time may make oils that are less expensive, but I don't recommend trying to save a couple of dollars at the expense of flavor. You can find artisan oils at specialty food stores. My favorite is I. Leblanc. Supermarkets are

Use nuts oils
for flavoring, not
frying. They're best
used straight from the
bottle to give cooked foods
a toasty, nutty flavor.

ut oils are to nuts what olive oil is to olives—the heart of the fruit's flavor. The best of them are intensely, sensuously, wonderfully perfumed. I find that a little nut oil adds that extra touch that can transform a good dish into a memorable one.

Walnut oil, which has been used for 2,500 years, is the most popular nut oil, followed by hazelnut and almond. Macadamia nut and pecan oils, fairly recent products, are becoming more popular.

Although peanut oil is one of the largest-selling oils in the world, it isn't a nut oil: the peanut isn't a nut but an edible seed. And with its high smoking point and fairly neutral flavor, peanut oil is used more as a frying medium than as a flavoring.

THE BEST OILS ARE NOTABLY NUTTY

Most nut oils are made in France, primarily from the regions of Perigord in the southwest and Grenoble in the east. In recent years, California producers have entered the market.

To make nut oil, shelled nuts are crushed into a thick paste that has the texture of raw peanut butter. The paste is stirred at high heat for a few minutes to release the oil from the nuts. The "mash" is spread

Experiment with nut oils

inferior nuts

will never be able

- Use walnut or hazelnut oil in place of olive oil in vinaigrettes. For an updated Waldorf salad, top mixed lettuces with toasted walnuts, apple wedges, and crumbled goat cheese. Dress the salad with walnut oil and a top-quality cider vinegar.
- For a new twist on potato salad, dress juststeamed potatoes with a walnut oil vinaigrette. Add blanched green beans and toasted walnuts.
- Try any nut oil drizzled over hot steamed or sautéed vegetables, especially green beans or asparagus. Macadamia nut oil is great brushed on corn on the cob.
- Try hazelnut oil on a salad of cold roast duck meat; its almost musky flavor is a terrific match for poultry.
- Take trout amandine to a whole new level of lusciousness by brushing the fish with almond oil just before serving.
- Sprinkle a blend of hazelnut oil and sherry vinegar on a wild rice salad.

beginning to stock some good ones, too, such as Loriva's toasted nut oils.

All nut oils are fragile. If you can, taste the oil before you buy it to check for quality as well as for freshness. Topnotch oils will remind you of freshly roasted nuts. Good hazelnut oil has a deep, almost musky note as well. Because even the best nut oil may go rancid if it sits for too long, buy in small quantities. After opening, seal the oil and store it in the refrigerator.

USE NUT OILS RIGHT FROM THE BOTTLE

Nut oils are always at their best when they're poured straight from the bottle into food that needs no further

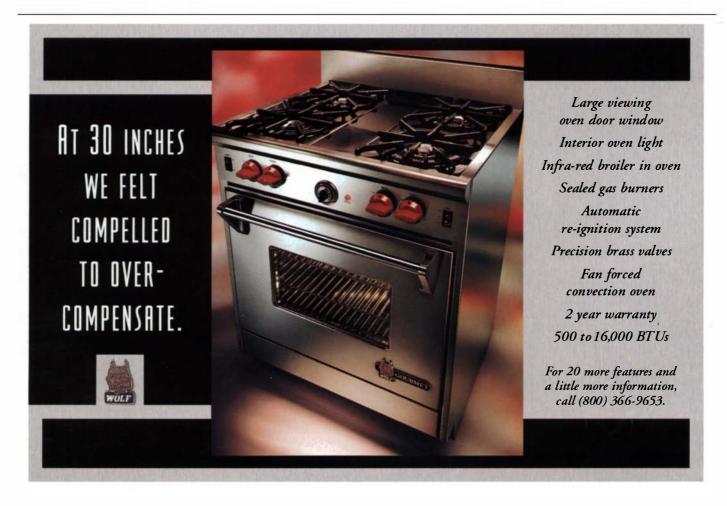


Most nut oils hail from France, as their labels reflect. Whether you buy them from a supermarket or a specialty food store, be sure the oils are made from toasted nuts.

cooking. Don't use them for high-heat frying, as you might olive oil. A few moments of gentle sautéing won't do much harm, but beyond that, you're likely to lose most of the oil's delicate flavor.

Nut oils are also wonderful to experiment with when baking. Substitute a nut oil for a less flavorful oil: it will add richness and depth to a bread or a cake. Try this with nut breads and carrot cake, or brush the loaves with walnut oil when they emerge from the oven.

Ari Weinzweig is the co-owner of Zingerman's Delicatessen in Ann Arbor, Michigan, where there are many nut oils on the shelves.



Cooking with Cheese So It's Creamy and Smooth, Not Curdled or Stringy

rom delicate cheese souf-Tflés to fondues and comforting casseroles, many of our favorite dishes get flavor, texture, richness, and nutrients from cheese. When properly handled, melted cheese can be creamy, smooth, and fully integrated into the rest of the dish. But sometimes even a simple dish like macaroni and cheese can go wrong, and you end up with tight curds atop an oily puddle or with a stringy mess. These two hazards, curdling and stringiness, are easily avoided with the right technique or with a slight modification to your recipe.

CHEESE CAN CURDLE WHEN PROTEINS GET OVERHEATED

Cheese is an extremely high protein food—as much as 30% protein in Gruyère, 36% in Parmesan. A protein molecule in any food is normally tightly wound, like a spring. When heated, the bonds holding the coil break, and the protein unwinds. The unwound protein molecule is now eager to bond with other unwound proteins, forming a loose mesh. This bonding process is called coagulation. If the proteins are subjected to too much heat, the mesh will

tighten, coagulating further into clumps or curds. In cheese, many milk proteins were coagulated as the cheese was being made, but there are still uncoagulated proteins and loosely coagulated proteins that can tighten to form curds. (See Food Science in Fine Cooking #22 for more about protein cookery.)

When you stir grated cheese into boiling liquid or cook a cheese casserole, this curdling can easily occur. Curdled proteins separate from

proteins separate from the fat and other components of the cheese, turning your smooth

Shredded cheese will usually melt nicely in only the residual heat of a sauce.

Gentle heat and some flour or cornstarch in the sauce help prevent curdling.

sauce into an unsightly mix of rubbery curds and an oily puddle.

Pay attention to temperature and time. Many cheeses will tolerate only brief, gentle heat. It's best to use grated cheese, which requires less heat and less time to melt. Often the residual

heat in the rest of the dish—freshly cooked pasta, cream soup, or scrambled eggs, for example—is enough to melt cheese smoothly. Brief stirring, off the heat, will disperse the cheese evenly through the dish and will generally prevent the overheating that causes curdling.

A LITTLE STARCH CAN RESCUE A SAUCE

In some dishes that require longer heating, such as a potato gratin or a baked casserole with cheese, starch can prevent curdling. Incorporate a little flour or cornstarch—in a roux or slurry, for example—at the start of the recipe before adding the cheese. The exact mechanism by which starch prevents proteins from curdling is unknown. It may be simply that when the heated starch granules soak in

hotos: Sloan Howan

THE COOLEST CATALOG ON PLANET EARTH!

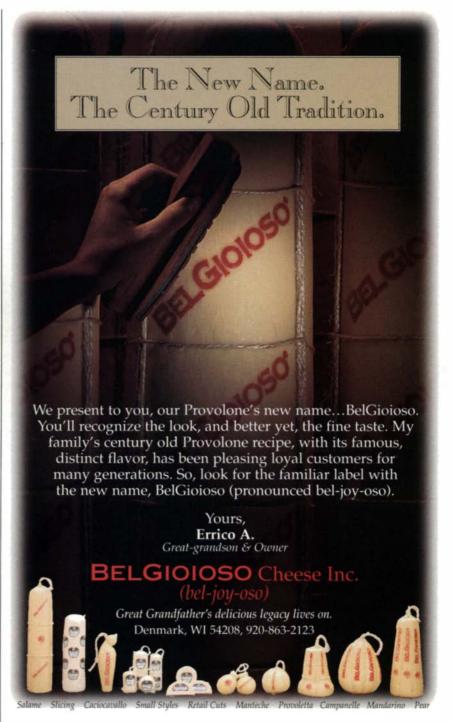
Our funky (and FREE) catalog features classic mustard humor, awesome mustard accessories and hundreds of great mustards from all around the galaxy. For the catalog that really does cut the you-know-what, write, call, fax or even visit our web site:

THE MOUNT HOREB MUSTARD MUSEUM

109 East Main St. • Mt. Horeb, WI 53572 (608) 437-3986 • FAX: (608) 437-4018 TOLL FREE: 1-800-438-6878 http://www.mustardweb.com







SECRETS TO A MEMORABLE DINNER PARTY...

Instead of serving the usual beef, pork, or poultry, impress your family, friends, and business associates with healthy and elegant game meats. Discover *Game Sales International* and feast on the finest venison, buffalo, pheasant, and exotic meats -- all chemical-free with only a fraction of the fat and calories! *Game Sales* also carries an extensive line of specialty products from brats and sausages to wild mushrooms, sun-dried berries, and rare seasonings. After 14 years, *Game Sales* is still the best kept secret to quick and easy, unforgettable gourmet cuisine. Call your friends at *Games Sales* today for a FREE brochure and price list!



FOOD SCIENCE

liquid and swell, they become large enough to physically keep proteins apart. Whatever the science, we know from experience that starches—flour, cornstarch, potato starch, tapioca—can keep

Dr. Norman Olson of the University of Wisconsin explains that some cheese, particularly Swiss and mozzarella, contain calcium phosphate, a compound that tends to link cheese proteins to-

The compound calcium phosphate can cause cheese to link into strings.

cheese sauces smooth and allow us to heat them without worry.

SOME CHEESES GET STRINGY

A second problem when cooking with cheese is that it can get stringy when stirred into sauces or soups.

gether to form long strings. Even when heated gently, the stringy character of these cheeses makes them unmanageable and almost impossible to stir or serve.

This can be prevented by adding a bit of wine or lemon juice to the cheese before melting it. Traditional cheese



A simple squeeze of lemon juice can keep cheese flowing. Swiss cheese and mozzarella arevery susceptible to stringiness, so use wine or lemon juice in the recipe to prevent the problem.

fondue recipes contain white wine to prevent stringiness.

Dr. Anthony Blake, direc-

tor of food science and technology for an international flavor and fragrance company, explains that the tartaric acid in wine helps prevent the calcium phosphate from linking cheese proteins together, thus preventing stringiness; he adds, however, that the citric acid in lemon juice is much more effective. Citric acid actually binds with calcium and can overcome stringiness even in the extreme case of mozzarella.

I now make fettuccine with a mozzarella, prosciutto, mushroom, and tomato sauce that I love (see recipe at left). Try sprinkling a little lemon juice on the grated mozzarella before adding it to the cream sauce (a béchamel) and then stir it in over low heat. You'll be astounded at the way it prevents stringiness.

Shirley O. Corriber teaches food science and cooking classes across the country.
She's the author of CookWise (William Morrow, 1997) and a contributing editor for Fine Cooking.

Fettuccine with Mozzarella, Mushrooms & Tomatoes

(From CookWise, by Shirley O. Corriher; William Morrow, 1997) In Sicily, restaurants serve excellent fettuccine with a nonstringy mozzarella sauce. They have the advantage of very fresh mozzarella, but that was not completely the secret. To get a nonstringy sauce with store-bought mozzarella, I had to pull every science trick I could, including starch and lemon juice. This is a delicious pasta and very fresh tasting with just-warmed tomatoes. Serves six.

6 Tbs. dried mushrooms (cèpes, porcini) ½ cup hot water 1 Tbs. plus ½ tsp. salt 2 gl. water 2 Tbs. butter 3 Tbs. flour

√8 tsp. white pepper 1 cup heavy or whipping cream 1 cup milk

2 Tbs. lemon juice
½ cup grated
mozzarella
½ tsp. red pepper flakes

1/2 tsp. rea pepper riake.
1/4 cup olive oil

½ lb. fresh mushrooms, sliced

3/4 cup country ham or prosciutto, finely chopped

4 medium tomatoes (about 2 lb.), peeled, seeded, and coarsely chopped 18 oz. fettuccine Soak the dried mushrooms in the hot water in a small bowl.

Add 1 Tbs. salt to 2 gl. water in a large pot and put over high heat to boil.

While the water is heating, melt the butter in a very large skillet over medium heat. Stir in the flour, ½ tsp. salt, and pepper and simmer over low heat for 2 min. Remove from the heat and whisk in the cream a little at a time and then the milk. Heat over medium heat, stirring

constantly, until smooth. Remove from the heat. Sprinkle the lemon juice over the mozzarella, toss with a fork to mix, and then whisk the mixture into the sauce.

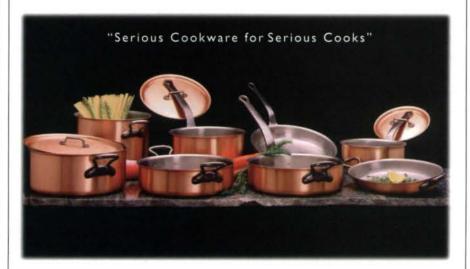
Stir the red pepper flakes into the olive oil in another large skillet over medium heat. Stir in the sliced mushrooms and the ham. Sauté briefly and remove from the heat. Lift the dried mushrooms out of the bowl with a slotted spoon and stir into the mushroom mixture.

Decant and add all but the last tablespoon of the soaking liquid. Add the tomatoes and stir into the mozzarella sauce.

Stir the fettuccine into the boiling water and continue stirring for the first 2 min. of cooking. Cook for the amount of time recommended on the package. Reheat the sauce. Drain the pasta and stir into the skillet with the sauce. Cover and let stand for 1 min. Serve immediately.



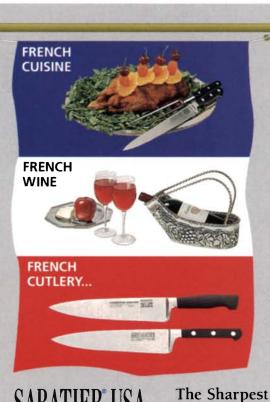
FALKCULINAIR



Falk Culinair Copper Cookware from Belgium Now available to North America's "Serious Cooks"

To find a retailer near you call 1.888.575.FALK(3255) or to order by mail contact Professional Cutlery Direct at 1.800.859.6994

Distributed exclusively by Culinary Concepts Int'l, Inc. Toledo, Ohio



Superior food, superior wine, superior knives — no one questions the French when it comes to matters of taste. Since 1834, the legendary craftsmanship of Sabatier has set the standard of quality in French kitchens... and all over the world.

Sabatier knives are hand made and fully forged from an exclusive formula of stainless and high-carbon steels. Perfectly balanced. Easily sharpened. Experience the French difference.

At Macy's, Bloomingdale's and Other Fine Stores

SABATIER USALLE

The Sharpest Choice You'll Ever Make

For information, write Sabatier USA_{ILC} • Dept. FC, 271 Wheeler Ave. • Bridgeport, CT 06606 • 203-335-5930

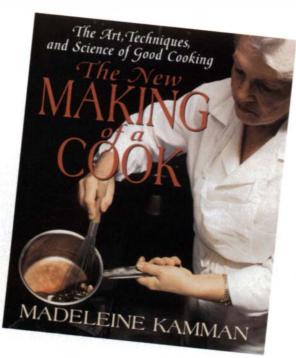
CUISINE*
FRANCE

Once and Future Cookbook Classic

The jacket of my copy of Madeleine Kamman's The Making of a Cook has long since disappeared, the binding has split, and the book flops open to reveal recipes splattered with ingredients. First published in 1971, this has been the cornerstone of my cookbook library since I studied and worked with Madeleine from 1972 to 1977 in her cooking school and restaurant in Newton, Massachusetts. But now that she has finished her magnum opus, The New Making of a Cook, I can retire my old faithful companion.

The new book is a huge and highly researched update that's well worth the 26-year wait. Most of the hundreds of recipes are new, but the basic format hasn't changed. Neither version is a mere collection of recipes; both are organized around cooking techniques.

Madeleine, who grew up in France and came to the U.S. in 1963, has never wanted to simply reproduce French cuisine in America; rather, she believes in cooking in the French manner using American ingredients. Through her books and classes, Madeleine has endeavored to give American cooks the basic vocabulary and skills that every European-trained chef takes for granted. When I worked



with Madeleine, she was truly inspiring—full of passion, controversy, and boundless energy. Judging by her activity (working in restaurants, teaching, writing, producing television shows, founding and directing three cooking schools, including the prestigious School for American Chefs at Beringer Vineyards) and by this new book, it appears she hasn't changed a bit.

The book begins with chapters on choosing the right equipment and the best-quality ingredients, from Belgian chocolate to Thai herbs. It then offers a newly expanded wine primer, and goes on to the chapter on egg cookery, "Miracles in a Shell." (My sister-in-law will be glad to see that the time chart for beating egg whites with different types of mixers is still there.)

The New Making of a Cook is destined to become the sauce-stained companion of any serious cook.

While the new "bible" (as I referred to the first Making of a Cook) is imposing—nearly three times the size of the old—it eliminates the need for several specialized books. In her inimitable style, Madeleine reassures the daunted cookbook browser that the book is not large because the material is complicated, but because it is written in the scope and depth that the subjects deserve.

Stocks and broths, and the soups and sauces made from them, remain the foundation of Madeleine's cooking. Her chapter on sauces is now called "A Multinational Society," while it was a "matriarchal" one in the first book (based on the French system of "mother sauces"). Tomato Chipotle Salsa joins béchamel. While embracing the flavors and techniques of other cultures, she still happily insists

The New Making of a Cook, by Madeleine Kamman. William Morrow, 1997. \$40, hardcover; 832 pp. ISBN 0-688-15254-6.

on teaching the traditional craft of the saucier as well.

"All Manner of Cooking Meats" was ironically named "The Way to a Man's Heart," in the first *Making of a Cook*. Today's reader is a bit more enlightened—politically and nutritionally. To paraphrase Madeleine: in this age, when red meat is regarded as a pleasure to be enjoyed only infrequently, it is even more important to prepare it well.

Madeleine's humor and delight in language pop up on every page. My favorite recipe title is in this chapter: Barnyard Buddies on a Three-Way Street (not, as my 15-year-old son guessed, a recipe for road-kill, but a delicious-sounding terrine of rabbit, duck, turkey, veal, and pork.)

I tried the recipe for the Roast Leg of Lamb from Antibes for a special birthday meal for my family. While this recipe for boning a leg of lamb is involved, I stuck to the techniques set forth (as if I were a less experienced cook), including a wonderful method for making a jus, using the lean trimmings of the lamb. My relatives pronounced me a genius—I tip my toque!

The New Making of a Cook addresses head-on the issues of dietary concerns, sanitation, and food chemistry. Madeleine offers alternatives for those who need to reduce fat consumption, and recipes are no longer flowing in butter and cream as they once were. Some readers will find the occasional graphic warning about potential bacterial

AROVE THE REST

FOR INFORMATION, CALL OR WRITE...

1316 SW 13th Avenue Portland, Oregon 97201 503-223-2245 or

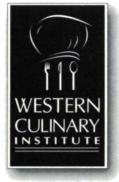
800.666.0312

www.westernculinary.com

WESTERN

12 Month Professional **Culinary Program ACFEI Accredited** Financial Aid (if qualified) **Housing Director Job Placement Assistance**

VA Approved



Experience is the best teacher.

Experience a passion for culinary excellence when you study with Sullivan College's Olympic



award-winning gold medal chef-instructors! Begin a career in baking & pastry arts, culinary arts or catering in as few as 12-18 months!

You can join our winning team now!



Sullivan College
National Center for Hospitality Studies

800-844-1354

Louisville, KY 40205 email: admissions@sullivan.edu

Best Selection-Custom Made

- - Trim Burgunberry Pants Style 7001/00811 (shown with white Classic thef coat and premium Burgunberry baseball cap)

- Fast delivery direct from the manufacturer
- Quantity discounts
- No minimums*
- Free embroidery set-up**
- Free design consultation

Choose from 14 different styles of chef coats plus baggy or trim pants, clogs, vests, shirts, ties, aprons, hats, accessories and more. Designed for comfort from quality fabrics like 100% cotton twill, blends, denim and Egyptian cotton for style that's made to last. See for yourself what thousands of customers already know...Culinary Classics is WHAT YOU WANT TO WEAR!

* on most of our selections

**on orders over \$500.00

Call for your free 64 page catalogue 800.373.2963





The Competition...



Culinary Classics... A

WHAT YOU WANT TO WEAR IM



www.culinaryclassics.com

REVIEWS

contamination to be unappetizing, but the subject is so important that I applaud the temporary risk to the appetite.

There are of course exhaustive and delicious sections on fish and other "river. lake, and sea critters," as Madeleine calls them, as well as on grains, legumes, and pastas (which now have their own chapter) and on fruits. The vegetable chapter, "Colors on Your Plate," is particularly valuable for its advice on preparation and technique. A simple recipe like the one for Sautéed Mixed So-Called Wild Mushrooms printed here is a good testament to this.

Readers can learn how many cheeses are made from Europe to California, and how to make cheese at home. There are directions for making vinegars, verjus, breads from one's own starter or *chef*, and cakes and desserts spanning centuries and the globe.

One of the several recipes I tried from the new book was for a somewhat tricky yeastraised cake, Breton Kouign Amann (pronounced kween ah-MAHN), a croissant-like dough layered with sugar and baked in a fluted pie pan. I

Sautéed Mixed So-Called Wild Mushrooms

From The New Making of a Cook, Madeleine Kamman, William Morrow, 1997.

The mushrooms that we buy as wild—shiitake, porcini, morel, cremini, oyster, portobelloare sometimes truly wild, but most of the time come from spores that have been acclimated to special commercial cultivation benches. They are still very nice, but many have lost the intense flavor of their wild ancestors, missing as they do the forest floor. Clean them as well as you can, using either water or a paper towel if they do not contain too much sand and mulch. Cut off the dirty ends of their stems. Place a layer of paper toweling on a baking sheet and set the mushrooms, well separated from one another, to dry in the refrigerator for 24 to 48 hours before you cook them; this allows some of their excess water to evaporate before you sauté them and they will not lose their shape....This preparation is excellent with red meats. Serves six.

1½ lbs. medium-sized wild mushrooms of your choice, stem ends removed and cut into ½-inch cubes if large

2 Tbs. unsalted butter or unsaturated oil of your choice

1 Tbs. fresh lemon juice (except if using morels; the lemon juice destroys their wonderful flavor) Salt

Pepper from the mill

Heat the chosen fat or oil in a large skillet over high heat. Add the mushrooms and season with lemon juice, salt, and pepper. Keep tossing on the high heat until mushrooms are brown and dry.

Variation: Stir 1 Tbs. Dijon mustard, 2 Tbs. chopped fresh parsley, and 1 very small garlic clove finely chopped, into the sautéed mushrooms.

followed the directions exactly and was rewarded with a round of applause by the guests at the Wellesley College President's House, where I do the cooking. They called me out to the dining room and asked, "What was that wonderful cake?"

Though the book is clearly directed toward serious cooks, dabblers can find a dish that appeals, read the relevant

technical information that precedes it, and be assured of success in the dining room.

I can't say enough about how excited I am to read and use *The New Making of a Cook*. I wish I could give it to all of my friends. If *The Making of a Cook* was the book that launched the career of Madeleine Kamman and educated a generation of cooks, *The New Making of a Cook* repre-

sents her maturity and the culmination of her career, securing her place in history and educating chefs into the next century.

And just in case she doesn't do this again in 2020, I'll try not to spill on the pages.

Brett Frechette is the executive chef to the president of Wellesley College in Wellesley,
Massachusetts.

"When I was a young cook, James Beard's The Theory and Practice of Good Cooking was the first cookbook I read cover to cover. The way it was organized—roasting, sautéing, braising—by techniques, not recipes, was truly enlightening for me and helped transform me from a cook into a chef."

—Norman Van Aken,

executive chef, Norman's,

Miami

heavily on the very detailed information
I got from both volumes of Julia Child's Mastering the Art of French Cooking and on an indispensable book published by Random House in 1964 called The Gourmet Cooking School Cookbook."

—Elizabeth Terry, chef/

owner, Elizabeth on 37th,

Savannah, Georgia

"Because I'm a self-

taught cook, I relied

What other cookbooks are chefs' "bibles?"

We asked some accomplished chefs what cookbook influenced them most when they were first learning to cook.

"When I first read the Alice B. Toklas Cookbook as a teenager, it was quite a revelation. I'd known the importance of food and family life, but this book elevated food and cooking to another level. I discovered that, like politics and art, food had the power to arouse, stir, and inspire."

—Mai Pham, chef/ owner, Lemon Grass Restaurant, Sacramento, California "I treasure my copy of Fernand Point's Ma Gastronomie. This man, who influenced all the great French chefs cooking today, was such an inspiration. The book is about his life and culinary philosophy. It isn't a recipe book; he gives you the tools and leaves the creating up to you." —Thomas Keller, chef/ owner, The French Laundry, Yountville, California





Great News!

GOKING is now online.

Come visit our website.

www.taunton.com

The Antique Mall And Crown Restaurant





Smoked Catfish Pate'

The Perfect Gourmet Gift! It's Uniquely Mississippi!

Classic Catfish

A NEW cookbook of exciting and unusual catfish recipes from this gourmet restaurant in the Mississippi Delta - Hard cover that opens flat \$14.95

Our Gourmet Pie Mixes are Fabulous!

Call to order or receive our brochure 1-800-833-7731

P.O. Box 540, Indianola, MS 38751 FAX: 601-887-5547



We're at your side Of Color (R)

Brother International Corporation, Dept HAD, 200 Cottontail Lane, Somerset, NJ 08875-6714.

© 1996 Brother International Corporation



WORLD FAMOUS HIBACHI POT The best tool for outdoor cooking yearround! Barbecue, roast, smoke or bake. Heavy ceramic construction retains heat and insulates, yet is safe to the touch. Locks in natural juices for moist, tender poultry, meats or fish. Never Rusts! Information: 1-800-370-8211





FEATURING ONLY THE FINEST IN MATERIALS AND CRAFTSMANSHIP, Ironstone offers Spyderco, Wusthof and Global cutlery, as well as both natural and man-made sharpeners. To order or receive a FREE CATALOG, call 1-800-828-1925, fax: 1-303-278-2057, or visit www.fe3stone.com. FREE SHIPPING!



LEAGUE/COMMUNITY COOKBOOKS, full of Aunt Sally's scrumptious heirloom recipes or Cousin Amy's fantastic new dishes! Free bi-monthly newsletter features a different regional cookbook each mailing. From coast to coast, cover to cover, hundreds of favorite contributed recipes flavored with special interest features-local history, artwork or something delightful! Wandering Mixing Spoon, P.O. Box 35430, Richmond, VA 23235.



WINDSOR VINEYARDS is America's Original Direct Wine Merchant. Our catalog features a full line of award-winning wines and champagne's, ideal for holiday entertaining. Your name or personal message can be imprinted on every label for gift giving; our gourmet food and wine baskets make perfect hostess gifts. Call 800-333-9987 for free catalog.



THE HONORABLE JANE COMPANY. Exquisite single-estate teas and distinguished blends: black, green, oolong, white. Teawares from \$3 to \$165: creamware, Yixingware, stoneware. Books, accessories, and the tea plant itself: camellia sinensis! Gift certificates. Business gifts. Custom gift-packs or treat yourself. FREE catalog 1-888-743-1966.



GIFT MAKING AS AN ART. Call for our latest brochure & notice the artistry and imagination for which our designs have come to be known ... Karen James Ltd. — Elegant Gourmet Food & Gift Baskets.

1-800-870-2969. http://www.karenjamesltd.com



DON'T SEND ANOTHER TYPICAL GIFT BASKET! Whether you crave Lobster or Caviar, Royalty Seafood delivers the world's finest seafood, LIVE OVERNIGHT to your door! To place an order or for a FREE catalog call: 1(888) 522-FISH (3474) www.RoyaltySeafood.com



CREATIVE PACKAGING THAT DOES

JUSTICE TO YOUR GIFTS OF FOOD. Transparent Containers, Totes & Boxes, Cello & Decorative Bags, Take 'N Leave Tubs & Microwave Tubs, Dessert Trays, Personalized Labels, Jars & Bottles, Bagel Set & Salad Hands, Ribbons, Ornaments & other Embellishments. Free catalog: Embellishments, P.O. Box 1506, Cleveland, Mississippi 38732, 1-800-600-6885, e-mail:embell@tec info.com



Waring® has been manufacturing the world's finest blender for over sixty years. Call 1-800-4WARING for the name of the retailer closest to you.

HOLIDAY GIFT CATALOGS



HANDMADE GOURMET SEAFOOD & OTHER FINE FOOD PRODUCTS Gourmet crab cakes, crab imperial, crab quiche, crab soup, and other handmade seafood products. Perfect for corporate gifts and holiday gift giving. Ask about our new line of gourmet muffin mixes. Chesapeake Bay Gourmet, 3916 Old North Point Rd., Baltimore, MD 21222. Major Credit Cards accepted: 1-800-432-CRAB (2722)

Serious Cooks Know the Edge!



SHOP WHERE THE PROS SHOP and receive a Free Gift just for trying! Hard to find cook's tools! Gifts and care packages for your favorite chef! Knife reconditioning and sharpening. For a Catalog (\$2.00 refunded w/order) and Free Gift, Call now: 1-888-728-6248



UNCORK THE BEST OF CALIFORNIA When you subscribe to the California Winemakers Guild you'll take a monthly excursion to the "Wine Country". Gift subscriptions and gift packages our specialty. Only \$30.95 per month delivered to your home or office. Call (800) 858-9463 for information and our exciting new member bonus.

CHOICE RARE TEAS



OVER 150 VARIETIES OF LOOSE LEAF TEA, featuring blacks, semi-blacks, greens, whites, 20 single estate Darjeelings, Lapsang Souchongs, spiced and iced tea blends. We'll be happy to assist with your selection. For a free 36 page catalog call 1-800-747-8327; or visit us on the web at www.Todd-Holland.com



BOBBI BAKES™ creates all-natural Frudge™ rum cakes, clusters, and candies. The unique recipe combines premium ingredients to produce the sensational fruit/fudge taste and texture. Cakes come in a special holiday tin, and all products are beautifully packaged for retail, gifts and amenities. All are available for foodservice.

1-888-4FRUDGE.



A great selection of foods, seasonings, cookbooks and cooking equipment from Chef Paul Prudhomme. Choose from autographed cookbook giftpacks, Andouille & Tasso (smoked meats), sweet potato pecan pie & much more! Ten (10) Chef Paul recipes included. FREE catalog. 1-800-457-2857

KITCHEN ASSISTANT™ by brother



FOR THE COOK WHO HAS EVERYTHING Now you can store, collect and organize all of your recipes in a single location. The Kitchen Assistant allows you to input your own recipes or build a library of quality cookbooks with optional Cookbook Memory Cards. The built-in printer allows you to share recipes with friends and will even print a shopping list. 1-888-773-9585



KELLY & SONS OFFERS A VARIETY of gourmet products for your favorite cook. Our product line includes our own home grown Braided Red Onions, Braided Shallots, and Braided CANDY (New York's Premier Sweet Onion). We also offer gift baskets featuring our gourmet products, gift wrapping & shipping. To place an order or to request a free brochure call: 1-800-496-3363.



HOLIDAY TREASURES... Sharing the warmth of the season with gourmet coffee gifts. Green Mountain Coffee Roasters, 1-800-223-6768, free catalog.

HOLIDAY GIFT CATALOGS



TEA, TEAPOTS, TEA COZIES, infusers, cups & saucers, coffee & gourmet foods. Treat that someone special to our high quality products. Call for a free picturesque catalog, 1-800-282-8327

3 Quarry Road
Brookfield, CT 06804.

SIMPSON & VAIL, INC.



THE PERFECT GIFT FOR THE HOLIDAYS: Colavita's Healthy Cucina basket. Colavita Extra Virgin Olive Oil, Chianti Red Wine Vinegar, Specialty Pasta, Pesto Sauce, Eggplant and Sweet Peppers, Espresso Coffee and Almond Biscotti. \$29.95 + \$7.95 s+h. Call to order: 1-800-665-4731.



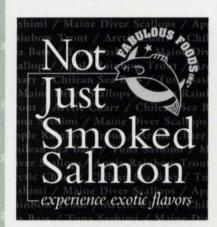
professional cutlery direct

"for the chef's essential tools"

Professional tools for those who love to cook. *PCD* offers the finest brands, the brands used by chefs! Great savings on Wüsthof-Trident, Bourgeat, All-Clad, LamsonSharp, Sabatier, Chaudier, Global, & more. Whether you're treating yourself or buying for someone special, our 64 page catalog & knowledgeable staff will help you choose the right tools. 800-859-6994 ext. FC7A, email: FC7A@cutlery.com



MERRY CHRISTMAS TO ALL, AND TO ALL A GOOD WINE! Enrich the holiday season and beyond for friends and loved ones, with a monthly delivery of 2 award-winning wines chosen from California's finest boutique wineries. \$32 for each month desired, includes newsletter. • Deferred billing • 2 Day Delivery at no additional charge • Discounts available. 1-800-777-4443.



FREE CATALOG * FREE RECIPES CALL TOLL FREE 888.247.1355 PHILADELPHIA, PENNSYLVANIA



OUR NATIONAL AWARD-WINNING hickory-smoked meats and gift packs will delight your special friends and associates. Every selection reflects our 64 year Ozark heritage of hands-on craftsmanship. Retail and corporate inquiries are welcomed. Call 1-800-759-9439 for our free catalog. HILLBILLY SMOKEHOUSE, 1801 S. 8th St., Rogers, Arkansas 72756.



EARTHSTONE WOOD-FIRE OVENS. The perfect appliance for the gourmet kitchen. Ideally suited to fit both the home kitchen and outdoor patio. Prepare innovative, creative and nutritious foods using this timeless cooking technique. Call for a free brochure: 800-840-4915



DIVINE DELIGHTS®: America's premier petits fours bakery. Our complimentary color catalog features palate pampering confections, prizewinning chocolates, scrumptious gift baskets, handpainted china and tea time treats. Divine Delights, 24 Digital Dr. #10, Novato, CA 94949. **1-800-4-HEAVEN**



Great Chefs TV

FROM THEIR KITCHENS TO YOURS! Companion cookbooks and videos from the Great Chefs TV shows. Free color catalog offers cookbooks and over 100 videos plus a special *Fine Cooking* offer! Great Chefs® Television/Publishing 1-800-321-1499 Fax 504-581-1188 www.greatchefs.com. *Ask for offer F-7.*

SMITH CUTLERY INC.



Smith offers the finest handmade cutlery using exotic wood handles and fittings. Made with Dendritic Damascus steel Smith knives offer perfect balance and superior edge retention. Also available for the professional with durable micarta handles. Call for color brochure.

1-800-495-6433.



ENJOY HODGSON MILL Bread Mixes (5 varieties) in your Electric Bread Machine or kitchen oven, complete with Vital Wheat Gluten, the Professional Bakers' secret to higher rising loaves. Great Holiday Gifts! Stone Ground All Natural, No Preservatives. Free Brochure and Recipes.

Call (800) 525-0177!



Finally, a coffeemaker that cares about your coffee as much as you do. The Kitchentools™ thermal carafe coffeemaker preserves your coffee's flavor and temperature for up to five hours. For information on this or other

Santa Fe **Dining** Car China...

Over 30 different pieces! Reproduced in burgundy and black, true to the 1,000 year-old originals of New Mexico's ancient Mimbres Indians. Color brochure \$2; FREE when purchasing cereal bowl (2nd from bottom). \$17 ppd. Check, VISA, MC, call 800-652-8973 or write: Pipestone, P.O. Box 250, Freeland, MD 21053.



EXCLUSIVE: Santa's elves have given us their list of the best in gourmet foods and gifts to share with you. Delight your relatives and friends with memorable gifts of gourmet foods at excellent prices! Call or write today for your free color catalog. Fancy Foods Gourmet Club, 330-E N. Stonestreet Avenue Rockville, MD 20850 • 1-800-576-3548

CHEF DIRECT

24 hour order line 800-497-2433



Genuine French "BRON" mandoline. All stainless steel gourmet vegetable slicer and slaw cutter. 38 self contained blades and protective carriage. *Only \$139.95,* S&H included!

800-497-2433.

See more bargains at our website www.choicemail.com/gourmetgadgets/



"YOUR SEAFOOD MARKET" Fine seafood from Alaska and the Pacific delivered directly to your home or office year round. Many wonderful gourmet gifts. 20% off first order. Free color catalog. 1-800-732-1836.

SAVINGS 20%-40%



SAVE 20%-40% on the finest cookware. Mauviel, All-Clad, Cuisinart, Calphalon, LeCreuset pans. Henckels, Wüsthof, Lamson cutlery. Cuisinart, KitchenAid, Krups, DeLonghi appliances. Kaiser, Chicago Metallic, Marique, Ateco bakeware. Vollrath, Rosti, Zyliss utensils. Much more: chocolate, spices, oils, cookbooks, over 3,000 items. Best products, prices, and service since 1981. FREE catalogue. 800-915-9788.



HOT HOLIDAY GIFTS



SALSAS, HOT SAUCES, SNACKS, Condiments, Soups, Seasonings, Gift Sets and Apparel. Call for a retailer near you or for our FREE catalog.

1-800-536-3131

Southwest Specialty Food, Inc. 5805 W. McLellan, Glendale, AZ 85301 www.asskickin.com

COOKING ATTENTION RETAILERS

If you would like to carry *Fine Cooking* in your store, just write or call 1-800-283-7252, and find out how easy it is to set up an account directly with us—no hassles, no risk, attractive terms.

The Taunton Press, Corporate Sales Dept., P.O. Box 5506, 63 S. Main St., Newtown, CT 06470-5506



ADVERTISER INDEX/READER SERVICE INFORMATION

Reader Service No.	ADVERTISER	Page No.	Reader Service No.	ADVERTISER	Page No.	Reader Service No.	ADVERTISER	Page No.	Reader Service No.	ADVERTISER	Page No.
115	A Cook's Wares	90	26	De Loach Vineyards	27	57	John Boos & Co.	23	51	Royalty Seafood	87
84	Antique Mall &		91	Divine Delights	89	61	John Boos & Co.	93	76	Sabatier Knives	81
	Crown Restaurant	75	25	Drannan's Innovative		87	Karen James Ltd.	87	99	San Francisco	
	Armeno Coffee Roaster	s 95		Culinary Instruments	96	58	Kelly and Sons	88		Herb Company	95
48	Bar-B-Que Specialties	87	3	Dynasty	25	2	Kelly and Sons	94		Scottsdale Culinary	91
14	BelGioioso Cheese, Inc.	79	89	EarthStone Wood-Fire		78	Kitchen Krafts	96	22	Seafood Direct	90
108	Bertolli USA	2		Ovens	89	111	KitchenAid	99	32	Shaw Guides	96
45	Black & Decker	90	95	Ecco Domani Wine	17	103	Knife Merchant	95	46	Simpson & Vail	89
62	Black & Decker 30), 31	85	Eden Foods, Inc.	27	69	LamsonSharp	85	8	Sinsation Chocolate	
113	Blue Sky Farm	95	18	Edgecraft Corp.	79	5	Lifetime Career	94		Maker	23
81	Bobbi Bakes, Inc.	88		El Paso Chili Co.	93	114	Lysol Kitchen Cleaner	10	1	Smith Cutlery Inc.	90
73	Brother		15	Embellishments	87	88	Magic Seasoning Blends	s 88	66	Southwest Specialty	
	International Corp.	88	50	Fabulous Foods, Inc.	89	56	Maple Leaf Farms	15		Foods	90
72	Brother		34	Falk Culinair	81	68	Mount Horeb Mustard		104	Starbucks Coffee	13
	International Corp.	86	90	Fancy Foods			Museum	79	110	Sullivan College	83
29	Butch Long Steaks	85		Gourmet Club	90		National Pork Producer	s	54	Teitel Brothers	93
98	California Wine Club	89	23	Five Star Ranges	19		Councl	3	112	The Chef's Collection	94
70	California Winemaker's		102	Fortuna's Sausage Co.	94		Nautilus Lobster Farm	93		The Good Cook aft	ter 18
	Guild	88	38	French Culinary Inst.	75	12	New England			The House on the Hill	95
20	Calphalon Corporation	15	17	G & R Publishing Co.	95		Cheesemaking Supp.	95	44	The Wandering Mixing	g
9	Cambridge Culinary	27	86	Game Sales	79	31	Peco Uniforms	83		Spoon	87
75	Chef Direct	90	39	Global Products	94	19	Pepper Mill Imports	95	93	Todd & Holland Tea	
119	Chefwear	11	64	Godiva Chocolatier, Inc	c. 7	106	Perdue Farms Inc.	73		Merchants	88
35	Chesapeake Bay		120	Gourmet Gear	81	37	Perotti's Specialty Foods	s 93	101	Upton Tea Imports	95
	Gourmet	88	94	Great Chefs	89	7	Phillips Mushrooms	95	33	VacMaster	93
117	Chesapeake Bay		109	Green Mountain		77	Pipestone	90	59	Waring Products	87
	Gourmet	94	0	Coffee Roasters	88	36	Polder Inc.	94	40	Waterstone/Cooke's	
92	Chicago Cutlery	15	42	Hamilton Bargain Book	cs 94		Professional Cutlery	М		Edge	94
118	Circulon	23	79	Heartymix	93		Direct	89		Western Culinary	
	Classic Cookers	93	65	Hillbilly Smokehouse	89	11	Professional Home			Institute	83
55	Colavita USA	89	97	Hodgson Mill	90		Kitchens	94	116	Wild Thymes	93
6	Cookbooks by		43	Honorable Jane Co.	87	53	Rafal Spice Co.	94	60	Windsor Vineyards	87
	Morris Press	93	21	Honorable Jane Co.	93	67	Replacements Ltd.	95	24	Wine Stuff	93
41	Cooke's Edge	88	27	Indian Harvest	94	10	Reynolds Wrap	21	82	Wolf Range Co.	77
100	Cucina Mia	95	47	Ironstone Distinctive		71	Rhode School of		52	Wood Prairie Farm	93
16	Dacor	9		Blades	87		Cuisine	93	28	Wusthof Knives	23

OCTOBER/NOVEMBER 1997 91

Announcing a new cookbook series from the publishers of *Kitchen Garden*.

Delicious recipes from around the world celebrate the bounty of the harvest.

The Bean Harvest Cookbook by Ashley Miller

Rediscover the convenient comfort food in this beautiful color cookbook. These imaginative, tasty and attractive recipes prove beans are more than powerhouses of nutrition. Over 70 recipes from snacks and soups to main dishes offer enough variety for any cook. Color photos help you identify and choose from the amazing array of modern and heirloom beans. Plus you get the best information, both modern and ancient, for a bountiful harvest of your own.

HARDCOVER, 192 PAGES, ISBN: 1-56158-179-8, ITEM 070305, \$24.95

The Pepper Harvest Cookbook by Barbara Ciletti

A true pepper lover shares her kitchen-tested ways to enjoy mild to fiery peppers. You'll find over 70 international recipes for delicious and colorful appetizers, soups, salads, breads and main dishes. All recipes are rated for heat. Helpful descriptions and color photos help you choose the varieties you'll want to try in your garden and on your table. You'll also learn methods for handling peppers in the kitchen and for canning them so that you can savor the harvest year-round.

HARDCOVER, 192 PAGES, ISBN: 1-56158-195-X, ITEM 070323, \$24.95

Save when you buy both books: \$45.00, Item 07A265

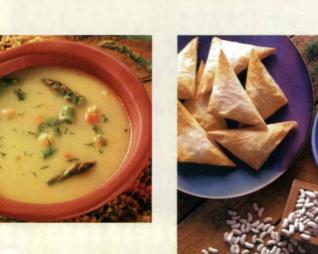
Order today!

1-800-888-8286, operator W623.

Taunton Direct, Inc., 63 S. Main St., P.O. Box 5507, Newtown, CT 06470-5507

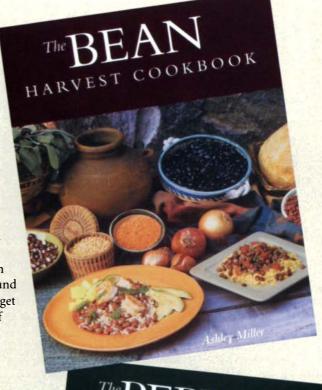
Taunton
BOOKS & VIDEOS

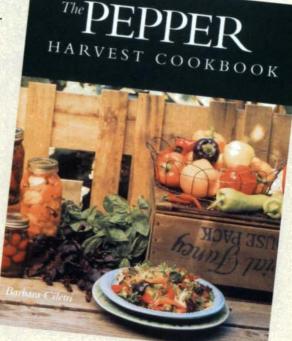
for fellow enthusiasts











CUCINA AMERICANA

by John Boos & Co.



Butcher Block and Stainless Steel

Commercial quality for the home. Other styles available.

FREE CATALOG

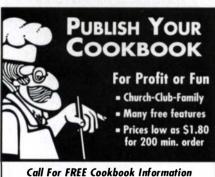
johnboos@bbs.pdcomp.com (217) 347-7701

John Boos & Co.

315 S. First Street • Effingham, IL 62401

South of France and Tuscany, Italy

The Rhode School of Cuisine offers weekly cooking courses from March through November. We've designed our program as a fun and exotic learning holiday, with excursions to famous locales in the region. Our modest fee includes tuition, lodging, food and wines. Call for a brochure and weekly program -800.447.1311.



1-800-445-6621, ext. 9710

http://morriscookbooks.com

Cookbooks by Morris Press

3212 East Highway 30 • Kearney, NE 68847



VacMaster SVP-5

Affordable Commercial Vacuum Packaging Only \$499

- ➤ Extend Shelf Life
- > 4 mil lleavy Duty Freezer Bags > Prevent Freezer Burn are Boilable and Microwavable
- > Lower Food Costs
- > Made in the USA > Buy Food at Volume Prices > USDA, ETL Approved

For a free catalog and suggested uses, call 1-800-821-7849, ext. 14

Phone 816-472-8622 • Fax 816-472-0828

\$499 + S/II



DISTINGUISHED SINGLE-ESTATE TEAS **EXQUISITE BLENDS**

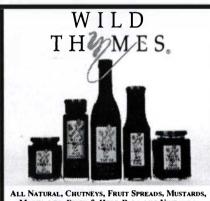
Black & Green & Oolong & White

Teawares from \$6 to \$160 Yixingware * Creamware * Stoneware

Camellia Sinensis plants for sale (with Instructions)

THE HONORABLE JANE COMPANY

Fine Teas and Teawares & Box 35, Potter Valley CA95469 707-743-1966 & Free Catalog



MARINADES, FRUIT & HERB BALSAMIC VINEGARS. SPECIAL GIFT BASKETS & CORPORATE GIFTS for catalog and recipes

1-800-724-2877

Fresh From The Sea!

Only the Finest

Live North American Lobsters

Prices start at \$88/4 includes crackers, picks, bibs, s&h

To order call 1.888.837.6189

Nautilus Lobster Farm

BRING A LITTLE BIT OF ITALY INTO YOUR HOME

Reggiano Parmigiano - Agedover 3 yrs. 8.99 lb.

Extra Virgin First Cold Pressed Olive Oil

Other Gourmet Specialty Items Available

To order or for information and free brochure Teitel Brothers 1-800-850-7055 Prices Plus S/H E-Mail: HTTP://WWW.IWEBWORLD.com/Teitel

FINE MIXES FOR SERIOUS COOKS

EXTRA HEARTY BREAD MIXES -Buttermilk, Whole Wheat, Rye, Salt Rising, Italian, Black Rye. Also good flavorful Biscuits, Muffins, Doughnuts, Pancakes, Cookies, and Cakes.

ARTIFICIAL PRESERVATIVES. 12 OR 24 OZ. PACKAGES. Free Catalog. Hearty Mix Dept: FC, 1231 Madison Hill Rd., Rahway NJ 07065 • (908) 382-3010

RIEDEL VINEGLASSES

Riedel...the finest glass on the planet. Wine Stuff...call us for the lowest prices on the planet and immediate availability. Visa, M/C. Visit our web site at www.wineglasses.com.



Phone 1-888-winestuff Fax 516-234-5583

Savor the legendary passions of the Southwest... from Snakebite Salsa and Mexican Chocolate Kahlua Cake to the incredible recipes in our Texas Border Cookbook. Our mix-and-match gift boxes are perfect for everyone on your gift list - and they make mouth-watering corporate gifts, too! For gourmet giving and keeping, call The El Paso Chile Company. It's Southwest with sizzle!

The & Paso Ghile Go

Call our toll-free hotline for our catalog: 1-888-4-SALSAS (725727)

909 Texas Ave. • El Paso, Texas 79901

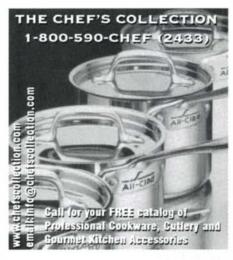


AGA Cookers

All cast iron contruction for better tasting food. Two sizes. Ten porcelain enamel colors. Three types of fuel. Send \$2 for 16 page color brochure.

Classic Cookers · RD3 Box 180-617A Montpelier, VI 05602 · 802-223-3620







Over 200 Cooking Terms 75 included recipes Nutritional analysis Meal plan feature Reverse Recipe Built-in printer 5 built-in timers



Elegant styling complements any kitchen. Add to your recipe library with Cookbook Memory Cards.

Visa/MC/AmEx/Discover 1-800-633-0633
http://www.globalproducts.com Email:gpc@globalproducts.com

Kelly & Sons

Gourmet Braided **Shallots**



3 lb. Braid \$9.95 5 lb. Braid \$14.95

\$14.95 plus S&H

To order and for a free brochure call **1-800-496-3363**

Kelly & Sons

R.R. #8 Box 3610, StateRoad 176 Oswego, NY 13126





SPICES • TEAS • COFFEES • SPECIALTY ITEMS

FREE 70 PAGE CATALOG 1 800 228-4276

(313) 259-6373 2521 RUSSELL STREET DETROIT, MICHIGAN 48207

Bargain Books

- Save up to 80% on publishers' overstocks, imports, reprints. Quality hardcover books, starting at \$3.95.
- Save 30% or more on a huge selection of current books and best sellers!
- Cooking, Gardening, Health & Fitness, Biography—over 60 subject areas.
- America's biggest bargain book selection.

Free Catalog

HAMILTON 5419 Oak Falls Village, CT 06031-5005

Why is the Polder 4 lb. 8 oz./2 kg. Electronic Scale One of the Best?

Reads in 1/8 oz./1 gram Add'N'Weigh feature allows ingredients to be weighed Uses one 9V consecutively without battery or removal from the bowl 9 volt output Add' N'Weigh AC adanter monitoring allows presetting a target weight for ingredients. (not included). High resolution strain gauge Sounds a signal when technology. Removable exact weight is reached. ncluded. - Change reading from lbs. to kgs. by Low battery indicator. a switch on the base

Lårge size digital crystal display. \$49.99 + S/H Call: (800) 431-2133 x 245 E-mail: POLDERWIRE@aol.com Write: Polder Inc., 8 Slater Street, Port Chester, NY 10573

Learn COOKING AT HOME

Learnto prepare meats, poultry, fish, vegetables, truit desserts and much more. Plus, great gourmet recipes! Learn the secrets and techniques of food preparation and serving. Diploma awardet. FREE BROCHURE describes opportunities. No salesmen.

Write or call today! 1-800-326-9221

Liletime Career Schools, Dept. FT08A7 101 Harrison St., Archbald, PA 18403

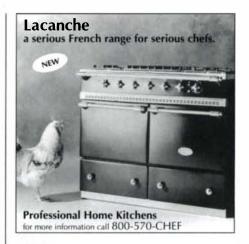




Chesapeake Bay Country's finest seafood: goarmet crab cakes, crab imperial, crab quache, crab soup and other handmade products. Great for gifts and entertaining.

CHESAPEAKE BAY GOURMET 3916 Old North Point Rd. Baltimore, MD 21222

Major credit cards accepted • 1-800-432-CRAB



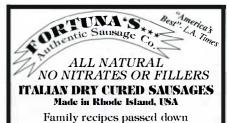


- Red Colusari™, Cabernet® Medley, many other rices & rice blends.
- Good Mother Stallard, Red & Black Calypso,
- Black Barley, Black Japonica, and other rare grains.
- Plus recipes, gifts, samplers, seasonings, more.

Free Catalog 1-800-294-2433

♣ INDIAN HARVEST&

The ultimate rice, grain & bean catalog http://www.indianharvest.com



for many generations
All Natural Papperoni and Abbrus

- All Natural Pepperoni and Abbruze
- World Popular **Soupy**" (Soppresata)
 "5" Hotnesses-sweet, mild, hot, xtra hot & nuclear hot!

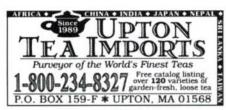
Italian specialties, sauces, cheese, gift baskets and more

To order or for FREE Catalog Call 1-800-42-SOLPY (800-427-6879) soupy@edgenet.net

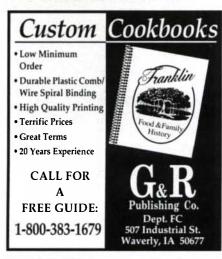
Reach your best potential customers in Fine Cooking's Cook's Market.

For details, call: 1-800-926-8776, ext. 543.











BEFORE YOU MAKE YOUR MOVE

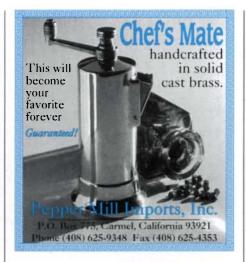
Make certain that your Fine Cooking follows you.

Just call

1-800-888-8286

And we'll take care of the rest.

The Taunton Press, PO Box 5506, Newtown, CT 06470-5506





REPLACEMENTS, LTD

1089 Knox Road, Greensboro, NC 27420 Dept.FK

1-800-REPLACE (1-800-737-5223)

Make Your Own Cheese

- Cheesemaking Made Easy- Book with 60 Delicious Recipes. \$9.95 PPD
- Soft Cheese Kit-Includes everything needed to make soft cheese. \$16.95 PPD Check or MO, MC or Visa

We carry all ingredients and equipment needed to make delicious cheese and yogurt at home.

FREE CATALOG

New England Cheesemaking Supply Co. P.O. Box 85 FC Ashfield, MA 01330 413-628-3808 FAX 413-628-4061

SPICES Allspice to Vanilla Beans Over 400 Superior Spices, Herbs & Teas 40z and 1lb Units. Since 1973. Call for a free catalog or visit our web site at www.sfherb.com SAN FRANCISCO HERB CO

250 14th St, San Francisco, CA 94103 • 800-227-4530

This year, give the luscious flavors and aromas of a Maine berb farm.

Hand-blended, organic herb seasonings, vinegars, gift baskets. Free catalog.

1-800-7BLU-SKY

Blue Sky Farm

Rolling Pins for Traditional "Picture Cookies"

...reproduced from detailed antiques, even the handles! Recipes, history included.



#1553 "Rustic Victorian"

#1555 "Menagerie"

16 deep pictures (6 images) 20 di 15 '/4" long overall 14 '/4 \$64.50 each + \$4.00 S/H

20 different animals 14 1/4" long overall

Check, money order, VISA, MasterCard or American Express to:

the-house-on-the-hill 555 E. Butterfield Road, #LL100

Lombard, L 60148 (630) 969-2624 Satisfaction Guaranteed!



Exotic Musirooms & Accessories

ORDER OUR FRESH EXOTIC MUSHROOMS

- ·· CRIMINI ··
- ·· SHIITAKE ··
- ·· OYSTER ··
- OISILK
- ·· PORTABELLA ··

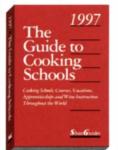
FOR MORE INFORMATION & TO RECEIVE YOUR FREE DIRECT MAIL CATALOG CALL 1-800-AH-FUNGI (1-800-243-8644)

OR WRITE TO: 909 East Baltimore Pike Kennett Square, Pa. 19348



LOOKING FOR A COOKING SCHOOL?

New Eighth Edition • 338 Pages



You'll find it in this comprehensive resource to over 800 career and vacation programs worldwide.

Recommended by
Bon Appétit, Gourmet,
The New York Times,
Fine Cooking

Just \$22.95 ppd.

Shaw Guides
Box 1295-FC, NY, NY 10023
Credit Cards call:
(800) 247-6553 or
Fax (419) 281-6883
www.shawguides.com

CREATE DELICIOUS HOMEMADE CANDIES & BEAUTIFULLY DECORATED CAKES

—with our 48 pg. catalog including everything you'll need to: mold or hand-dip chocolates; create old-fashioned hard candies & suckers; decorate special occasion cakes in American or foreign styles; bake aromatic pies & quick breads; and much, much more ...

Baking pans, candy molds, specialty tools & ingredients, decorative food packaging, how-to books, videos & more!
Write or call us now to get your FREE catalog!



Kitchen Krafts PO Box 442-FN4 Waukon, IA 52172-0442 Phone: 1-800-776-0575 The New York Times says it "works wonderfully"
Clean-to-Use & Easy-to-Clean
100% 18/8 Stainless Steel Pan & Rack



Free brochure explains the Science and Sense behind this Smoke-Free, Splatter-Free, Flame-Free, Scrub-Free, and virtually Fat-Free way to Broil & Roast. 12" diameter. \$49.95 plus \$7.50 s/h. One Year Money Back Guarantee. Call for Free Brochure, to order, or to talk to the inventor. 1-800-227-7066. Outside USA Call YES-224-RSVP Drannan's Innovative Culinary Instruments 136 S. Dutoit St., Dayton, OH 45402-2214 © 1996

CLASSIFIEDS

The CLASSIFIED rate is \$6.00/word, minimum 15 words. Payment must accompany order. Frequency rates available. 1-800-926-8776, ext. 543, or Fine Cooking Adv., Box 5506, Newtown, CT 06470-5506. December/January deadline is September 22, 1997.

BUSINESS OPPORTUNITIES

COOKING TALENTS NEEDED! Demonstrate top quality kitchen utensils in home shows. Excellent earnings. Fun business! (800) 557-3992.

LET THE GOVERNMENT FINANCE your food-related small business. Grants/loans to \$800,000.00. Free recorded message: (707) 448-0270. (FY8)

CATALOGS

AWARD-WINNING CHEF'S professional

recipes and techniques. Extensive catalog \$3.00. POSTAL GOURMET-6, POB 1310, Wayne, NJ 07474-1310.

LEFTHANDED PRODUCTS EXCLUSIVELY.

Corkscrews, can openers, knives. Free catalog. LEFT HAND SUPPLY, POB 20188-F, Oakland, CA 94620. 510-658-LEFT (5338).

COOKBOOKS

THE APPLE LADY'S SPECIAL RECIPES

and inspirational poems cookbook. Over 100 old-fashioned recipes, \$4.95 + \$2.00 S&H to MA MOHLAR, 2930 Cowley Way, No. 308, San Diego, CA 92117. Benefits the American Cancer Society.

COOKING VACATIONS

EXCLUSIVE ITALIAN CULINARY TRAVEL

Experiences: Tuscany, Umbria, Amalfi Coast. Small groups. Call: GABRIELE'S TRAVELS TO ITALY, 888-287-8733.

COOK WITH THE PROS on you vacation!

Deluxe culinary tours. Western U.S./Asian destinations. Call EPICURE 1-888-623-7464.

JOIN MASTER FRENCH CHEF & WINE

Expert on 12-day Rhone cruise to Burgundy & Provence plus Paris. Sail Peter Deilmann Princesse de Provence starting 9/2/98 for private tours, tastings and seminars on wine and cuisine. CRUISE & VACATIONS 800-711-0381.

COOKING VIDEOS

90 MINUTE COOKING VIDEO: Wonderful

Wood-Fire Oven Cooking. Step by step gourmet recipes: Pizzas, grilling and roasting. \$25.00, shipping included. EARTHSTONE WOOD-FIRE OVENS, Los Angeles, CA. 800-840-4915.

COOKWARE/EQUIPMENT

RESTORE YOUR OLD COPPER COOK-

WARE, reline with tin. BARRON'S SILVER CLINIC, since 1959. 407-645-0220.

COOKWARE - LOSE WEIGHT! Eliminate cholesterol! Waterless! Greaseless! 17-pcs. Retail \$1497.50, now \$395.00! Lifetime waranty. 1-800-434-4628.

GOURMET/SPECIALTY FOODS

MAJESTIC CHOICES, new international gourmet

holiday food catalog featuring appetizers, entrees, accompaniments, accents, coffees, teas, confections, desserts, snacks, gift baskets, accessories, custom corporate gifts, services, and Kosher/fat free items. FREE CATALOG 1-888-625-7842.

FREE CATALOG - Low fat red meat - Ostrich. Steaks, roasts, burgers, franks, sausages, gift baskets. 1-800-346-1867. FRESH GARLIC. Super Colossal roasting heads, organic Roja, garlic braids, edible pepper ristras. \$1.00 brochure. FARMERS PICK, 10400 Overland, Boise, ID 83709. 208-333-0066, www.farmerspick.com

GRACE RARE TEAS - Hand-plucked, superb loose teas from Asia. Ah! The aroma! The flavor! Free catalog. GRACE TEA CO., Dept. FC, 50 W. 17 St., NYC 10011. Tel/Fax 212-255-2935.

HARD TO FIND INGREDIENTS. THE CMC

COMPANY offers Mexican, Thai, Indian, Chinese & Japanese specialties. Catalog \$1.00 refunded with first order. PO Box 322, Avalon, NJ 08202. 609-624-8412 http://clever.net/wwwmall/cmc - CMCfoods@worldnet.att.net

RAQUEL'S KITCHEN ... HOMEMADE IN

Homestead ... Exotic salsas, marinades, mustards, tropical fruit jellies, preserves, chutneys ... Free Catalog: 1-800-364-4660. www.raquelgourmet.com

AMERICAN SPOON FOODS -

Rare harvests from the Northern Fruitlands and the Northwoods. Shopping and recipes at www.spoon.com or call 800-222-5886 for a catalog.

INSTRUCTION

LEARN COOKING AT HOME! Home Study

Program teaches selection, preparation, serving of safe to eat, appetizing and nutritious foods. Many great recipes too! Call 1-800-326-9221 or write LIFETIME CAREER SCHOOLS, Dept. FT08X7, 101 Harrison Street, Archbald, PA 18403.

POTTERY

EXQUISITE EARTHENWARE SERVING

PIECES ... Pasta bowl, platter, eccentric serving bowl, pitcher, chip & dip. Signed, dated, numbered, made in U.S.A. 1-800-215-9700.

RECIPES

COVER RECIPE

Pears Poached in Port with Mascarpone 68

BREADS

Goat Cheese Croutons 25 Breadsticks: Basic 48 Fresh Herb 48 Moroccan Spice 48 Spicy Cheese 48

DESSERTS, CAKES & PASTRY

Lemon Tart with Walnut Crust 37
Old-Fashioned Gingerbread 59
Pear & Brown Sugar Crisp 70
Pear & Champagne Sorbet 69
Pear Tarte Tatin with
Almond Pastry 70
Pears Poached in Port with
Mascarpone 68

MAIN DISHES Meat

Breaded Veal with a Tricolor Salad 45
Lamb Shanks Braised
in Red Wine 36
Pork with Apples & Onion 45
Poultry
Lime & Coconut Chicken
Paillards 44

Mole Poblano with turkey 65

Vegetable

Portoballos Stuffed with Place

Portabellas Stuffed with Blue Cheese 57 Red Peppers Stuffed with Feta, Orzo, Lemon & Oregano 56 Roasted Onions Stuffed with Prosciutto & Parmesan 56

PASTA

Classic Macaroni & Cheese 40 Fettuccine with Mozzarella, Mushrooms & Tomatoes 80 Shells with Gorgonzola 41

SALADS

Fresh Greens with Roasted Beets, Haricots Verts & Goat Cheese Croutons 25 Tricolor Salad 45

SAUCES

Mole Poblano 65 Shallot & Thyme Vinaigrette 25

SIDE DISHES

Classic Macaroni & Cheese 40
Portabellas Stuffed with Blue
Cheese 57
Red Peppers Stuffed with Feta,
Orzo, Lemon & Oregano 56
Roasted Garlic & White Bean
Purée 36
Roasted Onions Stuffed with
Prosciutto & Parmesan 56
Sautéed So-Called Wild

Mushrooms 84 Shells with Gorgonzola 41

TECHNIQUES

Braising lamb shanks 34; vegetables 56 Cleaning a clay cooker 11 Creaming butter 59
Greasing & flouring pans 74
Making butter from cream 8
Making rough puff pastry 20–22
Infusing a béchamel 39
Keeping flour-thickened sauces
silky 72

Making dough for breadsticks 46–48
Poaching pears 68
Pounding paillards 42–44
Roasting vegetables 56
Shaping breadsticks 47–48
Slicing paillards 42–45
Storing roasted red peppers 6
Stuffing vegetables 54–56

INGREDIENTS

Apples, about 12; choosing 14; for applesauce 12; for making cider 12-14; for cooking 12; storing 14 Apple cider syrup 16 Baking soda 59 Béchamel, making 39 Butter, creaming 59 Cheese, cooking with 39-40, 78-80 Chiles, dried, ancho 62; mulato 62; pasilla 62; reconstituting 62 Chipotle chiles 63 Coconut products 72-74 Lard 63-64 Mexican chocolate 60, 65 Mint syrup 6 Molasses 58-59 Olive oil 10, 46-47 Nut oils 18, 76-77

Pears, about 67; caramelizing 71; choosing 67, 69; baking with 67–68; coring 68; peeling 67; poaching 68 Rough puff pastry, making 20–22 Sage, drying 8 Vegetables, stuffed, braising 56;

TOOLS & EQUIPMENT

roasting 56

Baking equipment:
baking sheets 52; baking
stones 50; bannetons 52;
cast-iron skillets 49; couches 52;
dough cutters 51; flipping
boards 52; flour duster/shaker 16;
food processors 53; kitchen
scales 51; loaf pans 49, 52;
measuring cups & spoons 49;
mixing bowls 50; oblique
mixers 53; oven mitts 50; pastry
brushes 50; planchettes 52;
proofing baskets 52; proofing
cloths 52; razors 51; rolling
pins 51; scissors 51; sieves 50;
silicone-coated baking liners 51;
water spritzers 51

Blenders 64 Clay cookers, cleaning 11 KitchenAid Little Ultra Power 16 Kitchen faucets 24 Metates 64

SOURCES

Baking equipment 53 Dried chiles 65 Mexican chocolate 65 Web sites for bakers 18

NUTRITION INFORMATION

Recipe (analysis per serving)	Page	7.70	ories from fat	Protein (g)	Carb (g)	total	Fat sat	s (g) mono	poly	Chol (mg)	Sodium (mg)	Fiber (g)	Notes
Fresh Greens with Beets & Haricorts Vert	s 35	600	430	15	31	47	14	29	4	35	970	5	
Lamb Shanks Braised in Red Wine	36	360	140	44	4	16	5	9	2	135	540	1	
Roasted Garlic & White Bean Purée	36	320	90	17	44	10	5	4	1	25	700	10	
Lemon Tart with Walnut Crust	37	290	140	5	34	15	8	5	2	130	105	0	based on 10 servings
Classic Macaroni & Cheese	40	740	400	27	58	45	31	12	2	135	1040	3	based on 8 servings
Shells with Gorgonzola	41	540	270	20	47	30	16	8	5	80	820	2	
Lime & Coconut Chicken Paillards	44	300	140	30	12	15	2	8	4	80	1470	1	
Pork with Apples & Onion	45	340	210	24	9	24	9	10	3	90	640	1	
Breaded Veal with a Tricolor Salad	45	620	310	38	37	35	10	18	5	200	100	3	
Master Recipe for Breadsticks	48	60	20	1	9	2.5	0.5	1.5	0.5	0	140	0	per stick; no seasoning
Fresh Herb Breadsticks	48	60	20	1	9	2.5	0.5	1.5	0.5	0	260	0	per stick
Spicy Cheese Breadsticks	48	70	25	2	9	3.0	0.5	2	0.5	5	270	0	per stick
Moroccan Spice Breadsticks	48	70	25	1	10	3.0	0.5	2	0.5	0	260	0	per stick
Red Peppers with Feta & Orzo	56	290	200	6	16	22	6	13	2	25	600	4	per pepper
Roasted Onions Stuffed with Prosciutto	56	340	160	20	23	18	6	9	2	50	1600	2	per onion
Portabellas Stuffed with Blue Cheese	57	250	160	6	12	18	5	11	2	10	650	2	per mushroom
Old-Fashioned Gingerbread	59	380	150	4	53	17	10	5	1	75	340	1	based on 9 servings
Mole Poblano	65	560	230	52	30	26	8	8	5	125	470	5	based on 15 servings
Pears Poached in Port with Mascarpone	68	560	340	7	45	38	20	12	5	70	15	5	
Pear & Champagne Sorbet	69	170	0	0	43	0	0	0	0	0	0	2	per 1/2 cup
Pear & Brown Sugar Crisp	70	420	100	4	80	11	6	3	1	25	150	7	
Pear Tarte Tatin with Almond Pastry	70	510	240	4	67	27	14	9	2	95	200	6	

The nutritional analyses have been calculated by a registered dietitian at The Food Consulting Company of San Diego, California. When a recipe gives a choice of ingredients, the first choice is the one used in

the calculations. Optional ingredients and those listed without a specific quantity are not included. When a range of ingredient amounts or servings is given, the smaller amount or portion is used.

TIDBITS

A tool you do not LOVE is a tool you do NOT USE.

Some people will tell you that food processors are only worth hauling out for the really big jobs (like cole slaw for 35). Not true with the KitchenAid® Processor. It's the only one with a built-in mini bowl. Is



Mini Bowl makes short work of small jobs with minimal clean-up.

anyone else ready to give up onion chopping by hand, maybe forever? And its talents range from peanut butter making to orange juicing to grating even ice or Parmesan.

Definitely one appliance that earns its rightful place on the counters of wise cooks everywhere.

Clean Touch™ Control Pad

wipes clean in a flash. No nooks and crannies for salsa to get stuck in.



ARTISAN FOODS

Montreal Bagels Are a Family Affair



Working from a huge lump of dough, bakers shape each bagel by hand. They tear off a piece of the freshly made dough, roll it into a rope, and wrap it around their hands to form thin rings.

Montrealers are crazy about bagels from the Fairmount Bagel Bakery. Run by brother and sister Irwin and Rhonda Shlafman, the bakery was started in 1919 by their grandfather, a Russian immigrant, who baked the city's first bagels.



Next the bagels take a bath in boiling water sweetened with honey. This hot-water bath gives a bagel its characteristic chewiness, and the honey bakes into a shiny golden glaze.



Irwin uses a twelve-foot-long board, known as a sheeva, to move the bagels into and out of the oven. "Baking in a wood-fired oven is a craft that requires your whole heart and soul," says Irwin.



Working from a storefront that was once their grandfather's home (now a Canadian landmark), Rhonda and Irwin Shlafman oversee the production of 25 dozen bagels an hour, 24 hours a day.

Montreal bagels are different from the New York version. Smaller and sweeter, they're made with eggs and contain no salt. The result is a light, chewy, slightly sweet bagel with a crisp, golden crust.